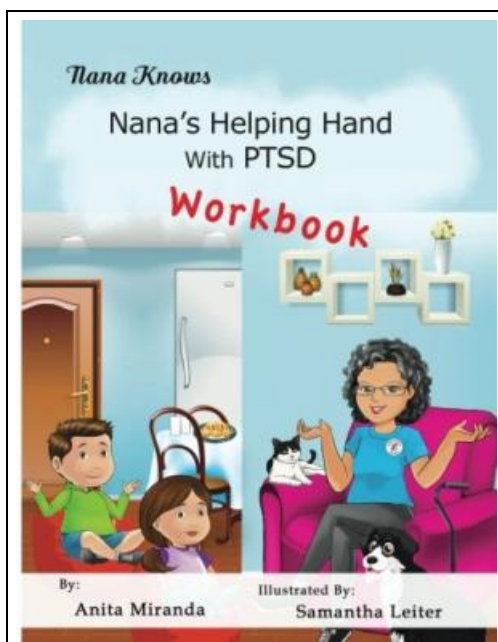


## Nana's Helping Hand with PTSD Workbook: Family Healing PTSD, Abuse, Stress Series



Filesize: 5.55 MB

### Reviews

*Complete information for ebook fans. It is actually full of knowledge and wisdom I am pleased to inform you that this is basically the very best pdf we have read through inside my very own daily life and can be the very best ebook for ever.  
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## NANA S HELPING HAND WITH PTSD WORKBOOK: FAMILY HEALING PTSD, ABUSE, STRESS SERIES



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Living Disabled Publishing, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A unique nurturing perspective to empowering children against a life-altering impact of parental PTSD, Anita Miranda is giving you a chance to download Helping Hand with PTSD, the first in its series from Nana Knows for free. This book opens the door for families to discuss the complexity of PTSD in the home. Nana s Helping Hand with PTSD is a book that can have a profound impact in helping children and grownups learn about this condition that mistakenly has been thought to be a result of military experiences only. The author through story-telling provides insight and facts to help readers grasp the symptoms and effects of PTSD. Growing up and learning the facts of life, children of PTSD parents can struggle for a lifetime, having had their developmental years marred by confusion and grief. Lack of open communication from a child s point of view may lead to costly therapy and the future expenses of children damaged by PTSD as in broken homes, toxic relationships, and poor life choices. Nana Knows PTSD Workbook PTSD families are able to discuss right away life lessons, receive valuable teaching techniques and utilize frequently asked questions to further address the challenge of living with or alongside a PTSD parent. These books appeal to a wide and diverse preschool-middle school audience having a PTSD parent. In the story, the neighborhood Nana is disabled, yet very wise and compassionate. She welcomes any of the children to visit for storytime. Twins Bobby and Bella show up distraught on Nana s doorstep one afternoon, shocked at their mother s behavior and feeling like their mother no longer loves them. They feel that they...



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