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The Post Traumatic Stress Disorder Relationship: How To Support Your Partner And Keep Your Relationship Healthy

The Post- Traumatic Stress Disorder *Relationship*

How to Support Your
Partner and Keep Your
Relationship Healthy

DIANE ENGLAND, PHD



Synopsis

War, physical and sexual abuse, and natural disasters. All crises have one thing in common: Victims often suffer from post-traumatic stress disorder (PTSD) and their loved ones suffer right along with them. In this book, couples will learn how to have a healthy relationship, in spite of a stressful and debilitating disorder. They'll learn how to: Deal with emotions regarding their partner's PTSD Talk about the traumatic event(s) Communicate about the effects of PTSD to their children Handle sexual relations when a PTSD partner has suffered a traumatic sexual event Help their partner cope with everyday life issues When someone has gone through a traumatic event in his or her life, he or she needs a partner more than ever. This is the complete guide to keeping the relationship strong and helping both partners recover in happy, healthy ways.

Book Information

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Customer Reviews

The more you know about this disease and the side effects and detriment the better off you, your spouse, your family, and others will be. Very insightful, full of lots of great information that was an eye opener to my wife and me as the subconscious, physical, and subliminal effects of PTSD that I

(we) never would have correlated the two, and I've been in the medical field 22+ years. Bless my wife's heart for taking the initiative to learn so much about PTSD and not giving up on me. This was one of her tools and I read it after her. She now understands what's going on better than I do, thanks to help from this book as well, and I live with PTSD; but she understands it better.

Helping my combat veteran hero (hubby) is my one and only purpose in life! So much useful info and explanations along with tips that allow you and your partner/family member/friend to cope with this horrible illness!

Good read pretty insightful, could've been more about the sexual abuse survivor with PTSD. This was more geared towards military PTSD but helped none the less it helped open and understand.

This helped them understand what it feels like to be on the other side.

Never received this book

We are a Veterans Organization that not only deals with PTSD of our military and veterans and the families and loved ones as well, but live with combat PTSD daily. This is a terrific book that we not only highly recommend but can testify that it has not only helped us but others who have read it. We have used this as a teaching tool in our support group and have given out copies to people seeking information that is not only easy to read but understandable. We love this book and this book deals with relationships in an honest and forthright manner! If someone is giving this book a bad review based on it not being technical enough, this is not what the book is written for. It is written for people like me and my wife who live this, are looking for good information that is honest and comes from someone who understands the dynamics of a military family and community. Thank you Diane for writing this and you have made a HUGE difference in our marriage! Tom and Diane Vande Burgt, Lest We Forget PTSD Family & Military Support

Excellent resource. Comforting and informative

Being a PTSD sufferer and having a partner who has also experienced trauma, I can tell already that this book will be very useful. I just might buy him a copy too. I've been reading through a good deal of it and it hits close to home, but is very poignant and realistic in scenarios, strategy and

expectations. Highly recommended.

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