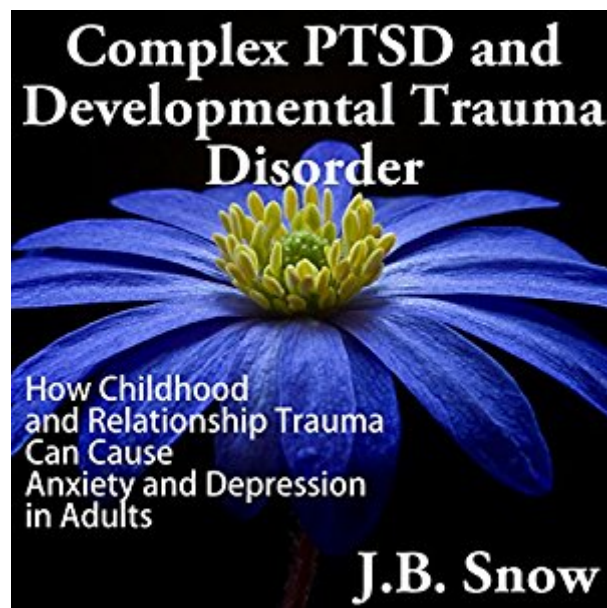


The book was found

# **Complex PTSD And Developmental Trauma Disorder: How Childhood And Relationship Trauma Can Cause Anxiety And Depression In Adults (Transcend Mediocrity, Book 126)**



## Synopsis

Most people are familiar with PTSD. But many have not heard of complex PTSD and developmental trauma disorder. As adults, many of us experience symptoms of anxiety and depression. We feel chronically stressed. We have trouble trusting others, or we may even experience feelings of paranoia in our relationships with others. We struggle to define what it is that is bothering us, and we struggle to find ways effective ways to treat it. Adults often seek counseling and medical attention with complaints and symptoms of physical illness, anxiety, depression, mental illness or personality disorders. Many of us fail to connect the dots from what we are experiencing today to the things that we learned and experienced as children. Our habits and memories are forming even before we begin to speak. Many people struggle to realize that the negative habits that we learned often were learned as children or adolescents from others who were poor role models to us. The truth is that childhood neglect, abuse, and emotional trauma can affect us for a lifetime. What we are exposed to even as toddlers can literally affect how our brains develop going forward. Our experiences certainly affect and shape our habits, and many of us pick up negative habits from our parents that we are not even aware of. We learn maladaptive ways to cope with a noisy and chaotic world instead of learning positive and healthy ways to cope. We often use the coping mechanisms that our parents taught us, even if those are pornography, alcohol, sex, violence, drugs and overeating. Many people who experience these maladaptive coping mechanisms often label themselves as feeling 'crazy' in their adulthood. They struggle to regulate their own emotions in a healthy way. They make poor decisions. They feel as though they are constantly on autopilot in their lives. They don't realize that these are all natural and human reactions to the trauma that they had gone through.

## Book Information

Audible Audio Edition

Listening Length: 55 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: JB Snow Publishing

Audible.com Release Date: May 9, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01F8TAXWM

Best Sellers Rank: #105 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder #143 in Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders #667 in Books > Audible Audiobooks > Health, Mind & Body > Psychology

[Download to continue reading...](#)

Complex PTSD and Developmental Trauma Disorder: How Childhood and Relationship Trauma Can Cause Anxiety and Depression in Adults (Transcend Mediocrity, Book 126) 7 More Psychological Complexes That You Didn't Know Existed: Cinderella Complex, Superman Complex, Napoleon Complex, Messiah Complex, Phaedra Complex, ... Complex (Transcend Mediocrity Book 125) Mental Illness: PTSD: Learn How To Handle PTSD Triggers (Bipolar Trauma Depression) (Self Help Mental Illness Dysfunctional Relationships) Amino Acids: The Way to Health and Wellness: Find Health and Healing from Depression, Addictions, Obesity, Anxiety, Sexual Issues, and Fill Nutritional Needs of Vegetarian and Vegan Diets Sleisenger and Fordtran's Gastrointestinal and Liver Disease Review and Assessment (Sleisenger and Fordtrans Gastrointestinal and Liver) The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy Dirty Talk : Secrets For Women and men, Straight, Gay and Bi, Spice Up Your Sex Life and Have Mindblowing Sex: (Sexuality, Intimacy, Sexting, Confidence, Relationship) (Great Sex Book Series 1) The Complete Book of Essential Oils and Aromatherapy: Over 800 Natural, Nontoxic, and Fragrant Recipes to Create Health, Beauty, and Safe Home and Work Environments Eat Fat and Get Thin, Fit, and Healthier Than Ever Before!: Easy Diet and Delicious Cookbook: Recipes for Dramatic and Sustainable Weight Loss (Includes 21 Day Meal Plan) Best Plants for New Mexico Gardens and Landscapes: Keyed to Cities and Regions in New Mexico and Adjacent Areas, Revised and Expanded Edition Die-cutting and Tooling: A guide to the manufacture and use of cutting, embossing and foiling dies, anvils and cylinders Low-Dimensional and Nanostructured Materials and Devices: Properties, Synthesis, Characterization, Modelling and Applications (NanoScience and Technology) Depression & How to Analyze: 2 Manuscripts. Naturally Free Yourself of Depression & Heal Anxiety, Panic Attacks, & Stress.Using Human Psychology to Successfully ... Conquer Your Mind and Regain Your Life) Mindfulness: Achieve Inner Peace And Harmony With Mindfulness And Meditation - Live Life Without Stress And Anxiety (Mindfulness, Meditation, Buddhism, Yoga, Enlightenment Book 1) Pulling the Trigger: OCD, Anxiety, Panic Attacks and Related Depression - the Definitive Survival and Recovery Approach Pulling the Trigger: OCD, Anxiety, Panic Attacks and Related Depression - The definitive survival and recovery approach (Pullingthetrigger®) Curaci n emocional / The Instinct to Heal: Curing Depression, Anxiety and Stress Without Drugs and Without Talk Therapy

(Spanish Edition) Natural Medicine and Herbs: 50+ Natural Medicine to Reduce Anxiety, Depression, and Ailments from Your Body: (Essential Oils, Aromatherapy, Herbal Remedies, Supplements, Healing, Vitamins) Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques) Meditation: Complete Beginners Guide on How to Awaken Your Mind With Techniques that Will Relieve Stress, Manage Anger, and Find Inner Peace and ... Your Fear and Anxiety With Daily Meditation)

[Dmca](#)