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Social Network and the Self Trauma: Averting the Aftermath - Judith L. Herman 1997 - In social and cultural contexts, trauma is a common experience. The unique nature of the experience, its impact on the individual, and its implications for society are central themes of this book. The author argues that trauma is not only an individual experience, but also a shared experience that affects entire communities. She presents a comprehensive model for understanding and treating trauma, and offers practical guidance for professionals and individuals alike. This book is a must-read for anyone interested in the impact of trauma on individuals and society.

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strategies that have helped thousands of our clients embark on their own healing journey. We invite you to discover:

- Three essential steps to healing trauma
- How your mind and body work in determining your unique response to trauma
- How to stay present in healing trauma
- Healing with new energy, no matter how long ago your traumatic experience
- Highly effective coping techniques to help you cope with even your most distressing symptoms
- Recovery stories of trauma survivors providing you with inspiration and hope in moving forward in your own journey for healing

You are not alone; it is our honor to be your companion on this gentle journey to a new place in your life.

The Taking of Jemima Boone

Matthew Pearl 2021-10-05

In his first work of narrative nonfiction, Matthew Pearl, bestselling author of acclaimed novel The Dante Club, explores the little-known true story of the kidnapping of legendary pioneer Daniel Boone’s daughter and the dramatic aftermath that rippled across the nation. On a quiet midsummer day in 1776, weeks after the signing of the Declaration of Independence, thirteen-year-old Jemima Boone and her friends Betsy and Fanny Callaway disappear near the Kentucky settlement of Boonesboro, the echoes of their faraway screams lingering on the air. A Cherokee-Shawnee raiding party has taken the girls as the latest salvo in the blood feud between American Indians and the colonial settlers who have decimated native lands and resources. Hanging Maw, the raiders’ leader, recognizes one of the captives as Jemima Boone, daughter of Kentucky’s most influential pioneers, and realizes she could be a valuable pawn in the battle to drive the colonists out of the contested Kentucky territory for good. With Daniel Boone and his posse in pursuit, Hanging Maw devises a plan that could ultimately bring greater peace both to the Indians and the colonists. But after the girls find clever ways to create a trail of clues, the raiding party is ambushed by Boone and the rescuers in a battle with reverberations that nobody could predict. As Matthew Pearl reveals, the exciting story of Jemima Boone’s kidnapping vividly illuminates the early days of America’s westward expansion, and the violent and tragic clashes across cultural lines that ensue. In this enthralling narrative in the tradition of Candice Millard and David Grann, Matthew Pearl unearths a forgotten and dramatic series of events from early in the Revolutionary War that opened a window into America’s transition from colony to nation, with the heavy moral costs incurred and new alliances and betrayals.

Anatomy of a Survivor

Dr. Joyce Mikal-Flynn 2021-04-27

In 1990, after a sudden cardiac event, Joyce Mikal-Flynn was dead for twenty-two minutes. While CPR and determined doctors returned her to life, she came to find that this new life wasn’t her life at all. Faced with depression, personal and professional setbacks, she ultimately recognized that this was not an end point—but a beginning. Over time, she understood that taking control begins with the essential choice to move forward, fierce determination, and well-researched actions. Making the choice to move forward, driven by motivation, and well-researched actions are key for survival and growth. Interacting with research on genetics, posttraumatic growth, and the neuroscience of resilience and happiness, this book gathers from survivors of trauma a positive and productive response. In this profound exploration of trauma, Dr. Mikal-Flynn outlines how survivors can take control of their lives after trauma and move forward in a way that promotes healing and growth. This book shows you how survivors are built and presents a unique system guiding them forward.