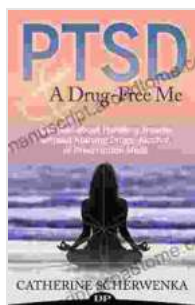


PTSD and Drug-Free Me: A Journey of Healing



PTSD and a Drug-Free Me: Get Real about Handling Trauma without Abusing Drugs, Alcohol, or Prescription Meds by Catherine Scherwenka

★★★★☆ 4.9 out of 5

Language : English
File size : 2176 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 110 pages
Lending : Enabled



This book is a powerful and inspiring account of one woman's journey to overcome PTSD and addiction. If you are struggling with the effects of trauma or addiction, this book is a must-read.

In PTSD and Drug-Free Me, author Sarah shares her personal story of overcoming the devastating effects of PTSD and addiction. Sarah's story is both heartbreaking and inspiring. She describes the horrors of sexual abuse, domestic violence, and addiction. But she also shows how she was able to find hope and healing through therapy, support groups, and a deep connection to her spirituality.

Sarah's story is a reminder that even the most difficult experiences can be overcome. PTSD and addiction are serious problems, but they can be

beaten. With the right help and support, you can reclaim your life and find peace and happiness.

What You Will Learn from This Book

- The symptoms of PTSD and addiction
- How to find the right help and support
- The different treatment options for PTSD and addiction
- How to cope with the challenges of recovery
- How to find hope and healing

Who Should Read This Book

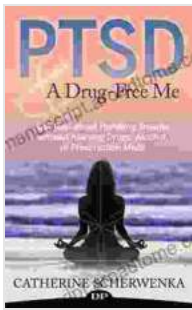
This book is for anyone who is struggling with the effects of PTSD or addiction. It is also for anyone who loves someone who is struggling with these issues.

If you are ready to take the first step on your journey to healing, then this book is for you.

Free Download Your Copy Today

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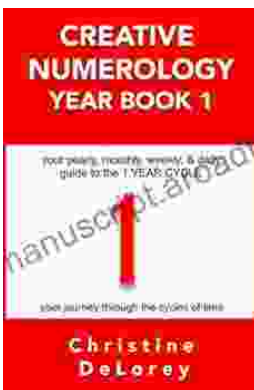
Don't wait another day to start your journey to healing. Free Download your copy of PTSD and Drug-Free Me today.



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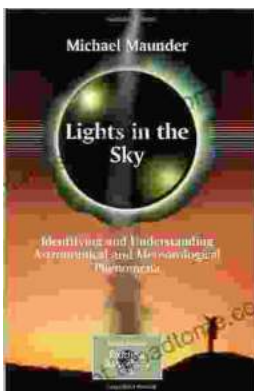
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