



Your Life After Trauma: Powerful Practices to Reclaim Your Identity

Michele Rosenthal

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Restoring your sense of self after trauma.

“In 1981 as a thirteen-year-old child I was given a routine antibiotic for a routine infection and suffered anything but a routine reaction. An undiscovered allergy to the medication turned me into a full-body burn victim almost overnight. By the time I was released from the hospital I had lost 100% of my epidermis. Even more importantly, I had completely lost myself.”

Now a professional coach who specializes in helping trauma victims rebuild their lives, Michele Rosenthal struggled with the effects of medically-induced post-traumatic stress disorder (PTSD) for over 25 years before reaching a full recovery. Today, she is 100% free of symptoms of PTSD. In this book, she applies her personal experience and professional wisdom to offer readers an invaluable roadmap to overcoming their own trauma, in particular the loss of sense of self that often accompanies it.

If you suffer from the effects of trauma or PTSD, whether it was caused by a single-incident like a car accident, or from chronic childhood abuse, domestic violence, illness, or war trauma, you are well aware of how disconnected you feel from the person you most deeply wish to be. Trauma interrupts—even hijacks—your identity. To cope, you may rely on mechanisms to keep your emotions, triggers, and responses in check, but these very habits can often prevent the true restoration of safety, stability, and inner connection. How can you rediscover your sense of self so that you honor who you were before the trauma (even if that trauma began at birth), understand who you are at this very moment, and determine who you want to be going forward?

Like a therapist in your back pocket, *Your Life After Trauma* guides you in finding answers to these tough questions. Expertly written by a helping professional who keenly understands the post-trauma identity crisis that is so common among trauma and PTSD sufferers, it is a simple, practical, hands-on recovery workbook. Filled with self-assessment questionnaires, exercises, tips, and tools—not to mention insightful personal and professional vignettes—it takes readers through a step-by-step process of healing the identity crisis, from understanding some of the basic brain science behind trauma and why you feel the way you do, to recognizing who you were (or had the potential to be) before the trauma, who you are today, after the trauma, and who you want to become. With this book by your side, it is possible to regain a sense of calm, confidence, and control on your road to recovery.

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George Carter:

Have you spare time for just a day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity with regard to spend your time. Any person spent their very own spare time to take a move, shopping, or went to the Mall. How about open or maybe read a book called Your Life After Trauma: Powerful Practices to Reclaim Your Identity? Maybe it is to get best activity for you. You already know beside you can spend your time together with your favorite's book, you can smarter than before. Do you agree with it is opinion or you have other opinion?

Benjamin Holmes:

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Bruce Butera:

In this particular era which is the greater person or who has ability in doing something more are more precious than other. Do you want to become certainly one of it? It is just simple method to have that. What you should do is just spending your time not much but quite enough to possess a look at some books. Among the books in the top list in your reading list is actually Your Life After Trauma: Powerful Practices to Reclaim Your Identity. This book that is qualified as The Hungry Hillside can get you closer in turning into precious person. By looking upwards and review this book you can get many advantages.

Noel Klein:

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