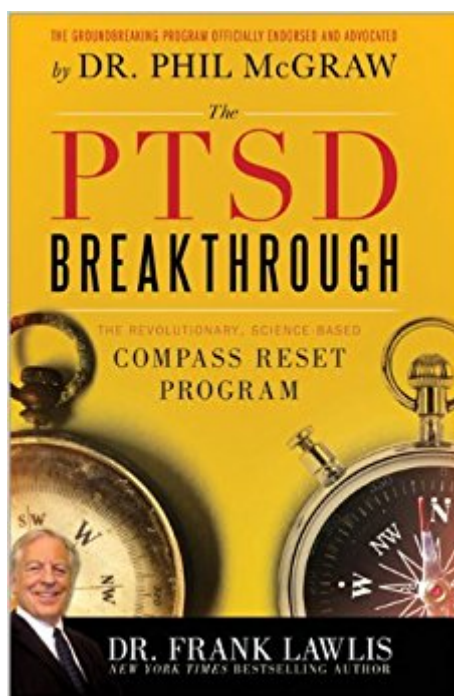


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# The PTSD Breakthrough: The Revolutionary, Science-Based Compass RESET Program



## Synopsis

Praise for *The PTSD Breakthrough*"Dr. Lawlis has done it again! His latest book offers new hope for PTSD sufferers and their families with approaches that can be used at home where the real problems occur and persist. There is a great deal of insight, strategy, and inspiration for anyone who is dealing with these horrific challenges toward the satisfied life they deserve. A must-read for every member of a family touched by PTSD." &#x96; Dr. Phil McGraw"Dr. Frank Lawlis, one of the most gifted and prolific contributors in modern psychology, delivers in *The PTSD Breakthrough* a highly readable, scientifically grounded, balanced approach to PTSD, zeroing in on the damaging effects of trauma to the brain psyche, and spirit." &#x96; John Chibran, PhD, ThD, Harvard Medical School, and the author of *What's Love Got to Do with It: Talking with Your Kids About Sex*"As a nurse educator, coach, author, and consultant, Dr. Frank Lawlis's timely book on PTSD truly addresses the deep-rooted problem beneath the symptoms and syndrome. His innovative and practical guidelines allow the individual to once again achieve high-level wellness with new penetrating insights and compassion for self in the healing journey." &#x96; Barbara Dossey, PhD, RN; International Co-Director, Nightingale Initiative for Global Health; Co-Director, International Nurse Coach Association; Author of *Holistic Nursing: A Handbook for Practice* (5th ed.) and *Florence Nightingale: Mystic, Visionary, Healer*"Much is being written about post-traumatic stress disorder. But if you a book that looks at the disorder from a new perspective, and explains it and its treatment in a way that both patient and practitioner can understand, this is the book for you." &#x96; John Roitzsch, PhD, Medical University of South Carolina, VA Medical Center

## Book Information

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## Customer Reviews

"PTSD is not just a problem for our soldiers... It can truly happen to anyone," suggests Psychologist Lawlis (Retraining the Brain) in his slim volume on self-healing. After defining PTSD and presenting illustrative case studies, Lawlis discusses current treatments and consequences. Basing suggestions on the concept that PTSD results from an injury to the brain, he delves into six treatment steps, beginning with healing the brain with a hyperbaric chamber, sleep, and stress management. For detoxification, he suggests certain whole foods and supplements. The PTSD sufferer can, Lawlis believes, regain control over brain processes through breathing exercises and mental activities like games; release fear and rage through biofeedback and aromatherapy; and create a sense of connection through a new beginning and reentry to their community. Containing a number of quizzes to aid in self-diagnosis, exercises to do alone or in teams, a brief workbook, and a mindfulness-based stress reduction script, *The PTSD Breakthrough* will be of interest to the PTSD sufferer who is seeking a non-pharmaceutical path to recovery. Readers who rely on medically-oriented self help guides as a starting place for further research, however, will be disappointed by the lack of references here (surprising for a method that claims a basis in science). (Oct.) (c) Copyright PWxyz, LLC. All rights reserved. --This text refers to the Hardcover edition.

Dr. Frank Lawlis is a renowned psychologist, researcher, and counselor with more than thirty-five years' experience and is a fellow of the American Psychological Association. Dr. Lawlis is the cofounder of the Lawlis Peavey Psychoneuroplasticity (PNP) Center near Dallas, TX, and is the chief content advisor for the Dr. Phil Show and The Doctors.

The book, for me, was not as good as I was expecting. Look, I'm not a person with a degree. I'm a massage therapist that is certified in soothing trauma which deals with PTSD, emotional and physical abuse. When I took the course, I realized I had PTSD. I'm a Vietnam veteran. My condition is very light compared to other veterans, but it explains why my first marriage didn't work out, why I still look to see who is walking behind me, sit with my back against the wall and at times when I'm at a restaurant I turn the knife around if I have to use it in attack mode. I can also hear people walking on grass about 30 yards away.

Millions of people suffer from PTSD, so I was a little disappointed to find it was mostly geared toward PTSD suffered by soldiers. I expected some universal themes or topics. Some parts are also a bit technical. It is hard to write a review when I am somewhat removed from the target audience. Ironically, the writing was a bit depressing. I've read other books that are much more empowering and positive.

Excellent read! Puts many things into perspective and allows you to heal without opening old wounds for those with traumatic PTSD and understanding for those with injury related PTSD.

It took me some time to initially get into the book. Once I did, I found the information fascinating. There is a great deal to digest. There are a great deal of helpful suggestions for both diagnosing either a patient, a loved one or friend or oneself. Excellent read for anyone who has ever been traumatized or wants to understand someone who has been. Never I have read anything about the physiological side of PTSD so well written and explained!

fantastic book

Hope for the PTSD person

I've not finished college but this book is very predictable with the exception that Dr. Lawless believes PTSD comes from some kind of physical head injury- which, with people who've been to war in the past 10 years possibly might. I just don't get his point. This "breakthrough" he speaks of is kind of pointless since most people get PTSD from emotional trauma. I would know.

Didn't work for me.

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