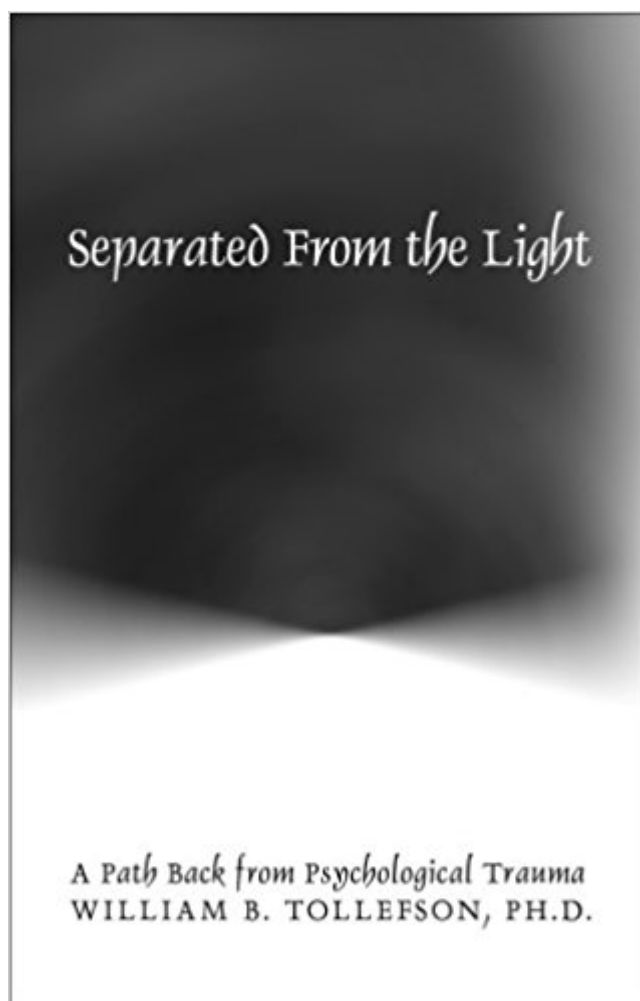


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# Separated From The Light (A Path Back From Psychological Trauma)



## Synopsis

Separated From the Light illuminates the darkness, isolation, and secrecy that shroud survivors of trauma. It was written to let people know that there is effective help for Post-Traumatic Stress Disorder (PTSD), and there are professionals who can assist with their recovery. It offers common-sense principles and theory explaining what a human being does in reaction to trauma and suggests a path to recovery

## Book Information

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## Customer Reviews

Separated From the Light illuminates the darkness, isolation, and secrecy that shroud survivors of trauma. It was written to let people know that there is effective help for Post-Traumatic Stress Disorder (PTSD), and there are professionals who can assist with their recovery. It offers common-sense principles and theory explaining what a human being does in reaction to trauma and suggests a path to recovery

Greatly disappointed. I looked forward to reading this book and was greatly disappointed. I thought it would be helpful and informative and it did not deliver.

I use this book as a textbook for the class I teach at Florida Atlantic University, "Trauma & Dissociation". The students have expressed appreciation for the clear, understandable explanation & example of the dissociative continuum and possibilities for recovery. I also use Dr. Tollefson's

techniques regularly with my clients with great results. Even the students who have participated in the demonstration of the Rapid Reduction Technique have found it immensely helpful in their own lives.

This book is excellent! Dr. Tollefson has a profound, one of a kind understanding of psychological trauma and the path to healing from it. This book is a MUST for anyone who has suffered from such, loves someone who has suffered from such or hopes to help and understand anyone who has.

This book was clearly written in easy-to-understand language. I recommend this title to anyone interested in the theories of how humans react to traumatic events and to those interested in learning about the recovery process of these individuals. Great read... couldn't put the book down!

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