

Heal Your PTSD: Dynamic Strategies That Work

Michele Rosenthal

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With empowering suggestions and her own wealth of expertise, Rosenthal provides the resources that can help with PTSD recovery.

Post Traumatic Stress Disorder (PTSD) affects millions of people. Thankfully, it is a condition that can be successfully treated and even cured through therapy and/or medication to alleviate symptoms, such as depression or anxiety. Behavioral therapy and self-treatment methods have proven to be effective in the long term, and Michele Rosenthal is at the spearhead of that. After struggling with PTSD for twenty-five years following a rare, life-threatening illness, Rosenthal is now completely trauma free. *Heal Your PTSD: Dynamic Strategies That Work* is a workbook designed to help readers follow a path to recovery.

Rosenthal is an award-winning PTSD blogger, the founder of HealMyPTSD.com, a post-trauma coach, and a former faculty member of the Clinical Development Institute for Timberline Knolls Residential Treatment Center. Her previous publications also addressed recovery from PTSD. Rosenthal is clearly in her element as she confidently outlines strategies and techniques that she's used or gathered from other recovering PTSD sufferers. Her tone is soothing, positive, and encouraging. She reassures readers, saying, "There are many ways to accomplish everything you want to do in recovery. Whether you're aware of it or not, you develop a healing action plan. ... You have a choice in how you will approach any healing path."

The book is loosely structured, arranged in five sections that address different aspects of recovery. Rosenthal states that not every exercise will be appropriate at every time, but that just being willing to try something different is a major step. The suggested actions vary, from small actions, such as pausing to check in with yourself throughout the day, to larger actions, such as writing a letter to the non-traumatized self. Rosenthal emphasizes that this is a personal process, not a prescription.

From mindfulness to meditation, Rosenthal shares a wealth of knowledge that could be helpful to anyone in any stage of recovery from PTSD, as well as to professionals looking to broaden their knowledge base and find new treatment techniques.

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