



## To Hell and Back: Personal Experiences of Trauma and How We Recover and Move on (Paperback)

By John S. Marzillier

Little, Brown Book Group, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Despite how rare one-off traumatic events may seem, the statistics show that the majority of us are likely to experience such trauma at some point in our lives. In this innovative and engaging book, Marzillier combines first-hand accounts from trauma sufferers with over forty years of clinical practice to provide an honest, human description of how trauma affects us at the time and also after the event. Whether discussing accounts of terrorist bombings, natural disasters, road accidents or physical attacks, he looks at what these experiences do to us and offers practical and consoling advice - for both sufferers and their loved ones - on coping with the experience and developing resilience for the future.



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