



Separated From the Light : A Path Back from Psychological Trauma

William Tollefson

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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.

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