



# Trauma and Abuse Decoded: A Poor Person's Guide to a World-Class Healing

*Megan Blalock CMT*

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For more than ten years, Megan Blalock has researched the causes and effects of PTSD, trauma, and abuse, both as a therapist and a self-healer. Her experience has convinced her that the victims most in need of treatment are the ones most underserved by traditional outlets. This book is to provide them and the people who care for them a guide to understanding their trauma, and a roadmap to healing.

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