

Little by Slowly: A Trauma Survivor's Guide to Recovery

Trauma is a serious issue that can have a profound impact on the lives of survivors. It can lead to a wide range of symptoms, including anxiety, depression, PTSD, and difficulty forming relationships. If you or someone you love has experienced trauma, it is important to know that there is hope for recovery.



LITTLE BY SLOWLY: From Trauma to Recovery

by N.B Lewis

★★★★☆ 4.6 out of 5

Language : English
File size : 185 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 216 pages
Lending : Enabled



Little by Slowly is a comprehensive guide to trauma recovery that offers practical strategies and support for survivors of all types of trauma. This book will help you understand the impact of trauma on your life, develop coping mechanisms, and build a strong support system.

What you'll learn in *Little by Slowly*

- The different types of trauma and how they can affect your life

- The symptoms of trauma and how to manage them
- How to develop coping mechanisms to deal with the challenges of trauma
- How to build a strong support system to help you on your recovery journey
- How to find professional help if you need it

Why read *Little by Slowly*?

If you are a survivor of trauma, *Little by Slowly* can help you on your journey to recovery. This book will provide you with the knowledge and tools you need to understand your trauma, manage your symptoms, and build a better life for yourself.

Little by Slowly is written by a trauma survivor, for trauma survivors. It is a compassionate and supportive guide that will help you on your journey to healing.

Free Download your copy of *Little by Slowly* today and start your journey to recovery.

Free Download now



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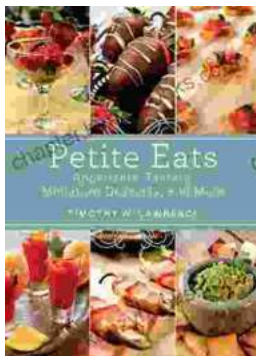
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