



**The PTSD Workbook: Simple, Effective
Techniques for Overcoming Traumatic Stress
Symptoms by Williams PhD LCSW CTS, Mary
Beth, Poijula PhD, Soili 2nd (second) , Revi (2013)
Paperback**

Mary Beth, Poijula, Soili Williams

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Psychologists and trauma experts Williams and Poijula offer the most effective tools available for treating post-traumatic stress disorder (PTSD). Readers will learn how to determine the type of trauma they have experienced, identify their symptoms, and learn the most effective strategies to overcome these symptoms.

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