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The Post-Traumatic Gazette Book

Contains all the back issues of the Gazette because our readers have told us how helpful they are.

- #1, PTSD: what it is: how to recover: book reviews
- #2, PTSD & Families: how it affects us: how to recover: reviews of books for family members
- #3, PTSD & the 12 Steps: how they work; addresses of 12 step programs; book reviews
- #4, False Memory Syndrome vs. Lying Perpetrator Syndrome: both incest survivors and vets forget, reviews
- #5, Telling Your Story; The Survivor's Journey from Trauma to Enlightenment by Steve Tice, MA; book reviews
- #6, Intergenerational Transmission of PTSD; Traumatic Incident Reduction; The Active Ingredient Study; book reviews
- #7, Solace for the Self; Steven Stosny's HEALS acronym (self compassion technique); writing exercises
- #8, Boundaries: how to get healthy ones; About Medications for Combat PTSD, by Jonathan Shay, MD
- #9, Grief: Illegal? Immoral? or a part of life?: ways to feel it and work through it; book reviews on grief
- #10, Dealing with Anger in Effective Ways; 1996 ISTSS notes (new hopeful therapies); PTSD and Holidays
- #11, Guilt, Betrayal Trauma theory, More International Society of Traumatic Stress Studies notes
- #12, Acceptance, letters on DBT and EMDR, report on Compassion workshop
- #13, Numbing: Survivor Skill and Shortcoming, TIR, DBT
- #14, Numbing 2: Finding Your Feelings
- #15, Numbing 3: So what do I do with this feeling now that I found it?
- #16, PTSD and Holidays, When someone you love is starting to feel
- #17, Symptoms of Increased Arousal: Survivor Skill and Shortcoming
- #18, Symptoms of Increased Arousal: Letting go; acting not reacting
- #19, Repetition and Recycling, EMDR letter, Book Reviews
- #20, Compassion vs. The Cycle of Self-Pity and Self-Criticism, Cognitive Distortions
- #21, Validation and Invalidation, Traumatic Incident Reduction book review
- #22, Can't you be normal? More on PTSD and Holidays, Arousal Scale, Grossman on Killing
- #23, Lifeskills: Give-and-Take
- #24, Lifeskills: Give-and-Take II
- #25, PTSD & Spirituality
- #26, Inventory: Knowing where I am
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- #28, PTSD & Physical Stress, New Year's Resolutions, Three Sides to Recovery
- #29, PTSD & Sexuality, Body Therapy, Hobbies, spiritual perspective
- #30, Post Trauma Stress Disorder: Suggestions for Survival by J. P. Mock, Hear the Bell by Alan Cutter
- #31, PTSD & Parenting, Book Reviews
- #32, Don't get over it. Get through it, Emotionally Focused Therapy
- #33, First Aid
- #34, When Holidays Hurt
- #35, What does suffering do?
- #36, Meet your inner trauma survivor
- #37, Experiencing Grief
- #38, When trauma strikes
- #39, Shame, Factors Contributing to the Development of PTSD from J. P. Mock's website
- #40, Surviving the Holidays, Childrens Reactions, Coping with Reactions to Terrorist Attack, Suggestions for Survivors

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We will never share it with anyone.

How poor they are that have not patience.

What wound did ever heal but by degree?

— William Shakespeare