



Shock Waves: A Practical Guide to Living with a Loved One's PTSD

Cynthia Orange

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In the United States, about 60 percent of men and 50 percent of women experience, witness, or are affected by a traumatic event in their lifetimes. Many of them (8 percent of men and 20 percent of women) may develop post-traumatic stress disorder (PTSD)--a life-altering anxiety disorder. Once connected mainly with veterans of war, PTSD is now being diagnosed in many situations that cause extreme trauma such as rape, physical attacks or abuse, accidents, terrorist incidents, or natural disasters. The millions of family members of those who have PTSD also suffer, not knowing how to help their loved one recover from the pain.

Shock Waves is a practical, user-friendly guide for those who love someone suffering from this often debilitating anxiety disorder, whether that person is a survivor of war or of another harrowing situation or event. Through her own experience, extensive research, advice from mental health professionals, and interviews with those working through PTSD and their families, Cynthia Orange shows readers how to identify what PTSD symptoms look like in real life, respond to substance abuse and other co-occurring disorders, manage their reactions to a loved one's violence and rage, find effective professional help, and prevent their children from experiencing secondary trauma.

Each section of *Shock Waves* includes questions and exercises to help readers incorporate the book's lessons into their daily lives and interactions with their traumatized loved ones

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From reader reviews:

Ana Steadman:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their spare time with their family, or all their friends. Usually they performing activity like watching television, likely to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Can be reading a book might be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the guide untitled Shock Waves: A Practical Guide to Living with a Loved One's PTSD can be fine book to read. May be it can be best activity to you.

Jose Suh:

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