



## Reflective Meditations: Unraveling My Trauma, Healing My Trauma, and Letting Go-Forgiveness (Paperback)

By Audrey Tait

Inspirational Insights Counselling, Inc., 2017. Paperback.  
Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.You may come to a time when you realize that you do not really understand the trauma that has occurred in your life or how it has affected you. This book contains sixty short thoughts that can be used as daily reflective meditations to help you unravel your reactions to past and current trauma. Read and then reflect on what each thought means to you personally and whether your current actions may be related to your reactions to a past trauma. Gentle and reassuring, the thoughts will help you better understand your current patterns of behavior so you can make changes for improved health and peace of mind. This is the covered in the first book of the Trilogy, Understanding My Trauma. The second book in the trilogy, Healing My Trauma, contains the next step after understanding it, healing it. This book explores ways to deal with strong and numbing emotions, healing different types of trauma (including relational trauma), and ways to diminish or prevent trauma in the future It takes you one step further in the healing process. This book also...



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