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As a teenager, Michele Rosenthal was diagnosed with an illness so rare none of her doctor s had actually seen a case. She recovered, but found as an a more

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What a fantastically fun day! Thanks to all of you who helped spread the word about Heal Your PTSD: Dynamic Strategies that Work. I had a terrific time writing this

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Sep 01, 2015 "Heal Your PTSD: Dynamic Strategies That Work," by Michele Rosenthal, Conari Press, \$18.95, 256 pp.

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There are as many ways to heal our emotional wounds as there are books in the Digital Media Manager Jennifer Valdez has a background in journalism from . to Reclaim Your Identity and Heal Your PTSD: Dynamic Strategies that Work.

Books explore recovery from post-traumatic stress

Sep 06, 2015 In Heal Your PTSD: Dynamic Strategies That Work, Rosenthal encourages others with the disorder to use the lessons and tools that she says turned her life

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