



TEPT Camino hacia la Recuperación: La Historia de un Soldado (Spanish Edition)

Bob Bray

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Este libro es la culminación de toda una vida sobre sus dos experiencias personales que tratan de los efectos del trastorno de estrés postraumático (TEPT), tanto en el Ejército como en las líneas del frente de la Fuerza Policiaca. Fueron estas experiencias las que lo llevaron hacia su ocupación actual de asesor de vida y consejero. Fueron estas decisiones de cambio de vida las que le han ayudado a concentrarse en la prevención y el tratamiento de los síntomas de las personas que sufren de TEPT o de las que están expuestas a alguien que sufre de TEPT.

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