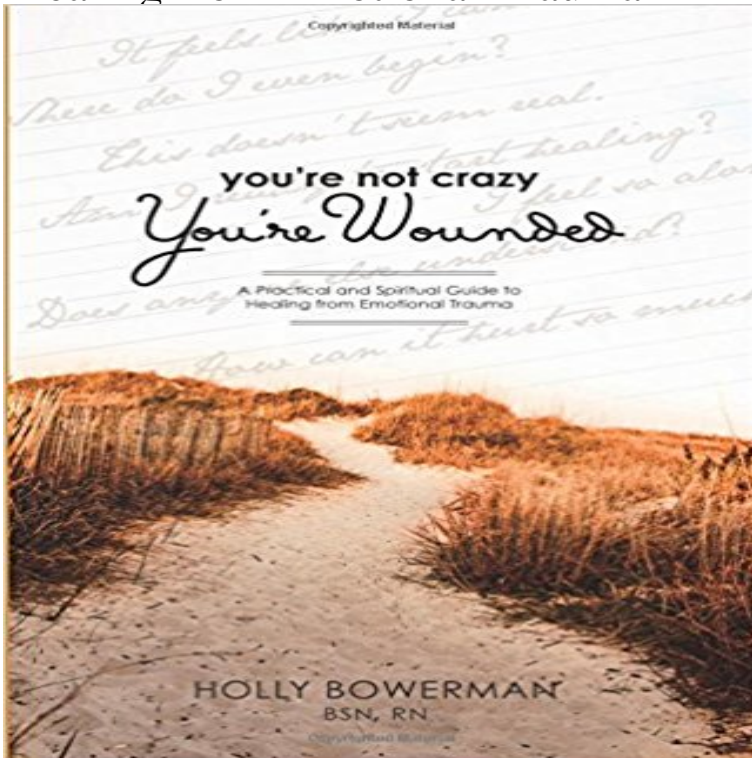


You're Not Crazy You're Wounded: A Practical and Spiritual Guide on Healing from Emotional Trauma



Have you ever felt like your life is emotionally out of control? That at any moment someone could say or do something that would cause you to freak out, cry, shut down or panic? Do these unpredictable emotions make you feel like you're going crazy? Author Holly Bowerman, can relate. Holly teaches that you're not crazy, you're wounded. After years of cognitive behavioral therapy and through her own heart-wrenching trial and error, she has discovered techniques that, in addition to medicine and therapy, can enhance and enlighten your healing journey. Inside this book you will: Learn the similarities between healing physical and emotional wounds Receive a trauma toolkit to support you in moments of crisis Discover your own intuitive spirit Receive guidance through easily applicable exercises Embrace your healing journey and join Holly in your own life-changing discoveries.

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