



The Post Traumatic Stress Disorder Relationship: How to Support Your Partner and Keep Your Relationship Healthy

Diane England

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War, physical and sexual abuse, and natural disasters. All crises have one thing in common: Victims often suffer from post-traumatic stress disorder (PTSD) and their loved ones suffer right along with them. In this book, couples will learn how to have a healthy relationship, in spite of a stressful and debilitating disorder. They'll learn how to:

- Deal with emotions regarding their partner's PTSD
- Talk about the traumatic event(s)
- Communicate about the effects of PTSD to their children
- Handle sexual relations when a PTSD partner has suffered a traumatic sexual event
- Help their partner cope with everyday life issues

When someone has gone through a traumatic event in his or her life, he or she needs a partner more than ever. This is the complete guide to keeping the relationship strong and helping both partners recover in happy, healthy ways.

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