



Shocks No More!: From Surviving.to Thriving (Paperback)

By Kim R Tousignant

Dr. Kim Tousignant, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Finally stop the SHOCKS of life from hijacking you! Do you feel stuck, don't understand why you do (or feel) the same things over and over (even though you don't like the outcome), live from crisis to crisis, are unstable in housing, work, relationships or have experienced great difficulty in life? This SHOCKS NO MORE! book is written for YOU. Learn to understand and change your patterns so you can finally achieve your goals. For the Helping Professional. This SHOCKS NO MORE! book will help you understand clients/consumers/ patients/students/mentees who are stuck. Adverse Childhood Events have been shown to cost society \$1.8 Million per 2014 victim (during their lifetime). The cost of emotional pain is incalculable throughout the entire lifespan to not only the child (who becomes an adult) but all of the people they encounter. A common reaction of the child, which can follow through adulthood, is Learned Helplessness. Helping Professionals seek to empower others to fulfill their dreams. However, Learned Helplessness is a profound barrier for many (clients and professionals). This model teaches how viewing the world from a...



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