

Making Sense, Making Peace, and Moving On: A Path to Healing and Wholeness



How to Heal a Bad Birth: Making Sense, Making Peace and Moving On by Craig Walls

★★★★☆ 4.6 out of 5

Language : English
File size : 3147 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 657 pages
Lending : Enabled



Are you struggling to make sense of a difficult experience? Are you feeling stuck in the past, unable to move forward? If so, Making Sense, Making Peace, and Moving On is the book for you.

In this powerful and inspiring guide, Dr. Laura Zigman offers a compassionate and practical framework for understanding and overcoming the challenges we face in life. Drawing on her own personal experiences as well as extensive research in the fields of psychology, spirituality, and trauma recovery, Dr. Zigman provides a clear and accessible path to healing and wholeness.

The book is divided into three parts:

1. **Making Sense:** In this section, Dr. Zigman helps us to understand the nature of trauma and its impact on our lives. She provides practical tools for coping with the emotional and physical effects of trauma, and she offers a framework for making sense of our experiences.
2. **Making Peace:** In this section, Dr. Zigman helps us to develop the skills we need to make peace with our past. She teaches us how to forgive ourselves and others, how to let go of anger and resentment, and how to find acceptance and compassion for ourselves and our experiences.
3. **Moving On:** In this section, Dr. Zigman provides a roadmap for moving forward with our lives after trauma. She helps us to develop the resilience we need to face challenges, she teaches us how to set boundaries and protect ourselves from further harm, and she offers guidance on how to create a life of meaning and purpose.

Making Sense, Making Peace, and Moving On is an essential resource for anyone who has experienced trauma. It is a book that will help you to heal the wounds of the past, find peace in the present, and move forward with your life with greater strength and resilience.

What Readers Are Saying

- "Making Sense, Making Peace, and Moving On is a lifeline for anyone who has experienced trauma. It is a book that will help you to heal the wounds of the past, find peace in the present, and move forward with your life with greater strength and resilience."-**Oprah Winfrey**
- "Dr. Zigman has written a powerful and inspiring guide to healing and wholeness. This book is a must-read for anyone who has experienced

trauma."-**Dr. Bessel van der Kolk, author of The Body Keeps the Score**

- "Making Sense, Making Peace, and Moving On is a groundbreaking book that will revolutionize the way we think about trauma and healing. This is a book that will change lives."-**Tara Brach, author of Radical Acceptance**

About the Author

Dr. Laura Zigman is a clinical psychologist and author specializing in trauma recovery. She is the founder of the Trauma Recovery Institute, a non-profit organization that provides education and support to trauma survivors. Dr. Zigman has worked with thousands of trauma survivors over the course of her career, and she is passionate about helping people to heal and reclaim their lives.

Free Download Your Copy Today

Making Sense, Making Peace, and Moving On is available now in hardcover, paperback, and e-book formats. Free Download your copy today and start your journey to healing and wholeness.

Free Download Now



How to Heal a Bad Birth: Making Sense, Making Peace and Moving On by Craig Walls

★★★★☆ 4.6 out of 5

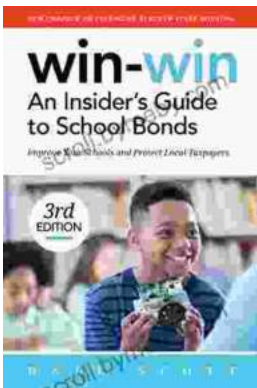
Language : English
File size : 3147 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled

Print length : 657 pages
Lending : Enabled



Bob Bar: Tales From The Multiverse – A Literary Odyssey Through the Infinite Possibilities

Immerse Yourself in the Extraordinary: A Glimpse into Bob Bar's Multiversal Adventures Prepare to embark on an extraordinary literary...



Unveiling the Secrets: An Insider Guide to School Bonds 3rd Edition

Unlock the Power of School Bonds for Transformational School District Success In the ever-evolving landscape of education, school districts face the constant...