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## A Wormhole Named Desire - Blog 2014: Journey from Survival of Trauma to Freedom of Love (Paperback)

By Victor D Bloomberg Lcsw

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The story begins with the video, A Wormhole Named Desire: A Three Part Love Story. Using original illustrations, prose and poetry, the journey of attaining freedom from Post Traumatic Stress is told. It is posted on YouTube. A Wormhole Named Desire - Blog 2014: Journey from Survival of Trauma to Freedom of Love expands upon the video. The presentation of a cogent vision of healing is unique, blending the therapist's personal experience with cultural icons. Psychotherapy concepts are demystified. The reader is guided through a series of reflective questions to apply the understanding to their own life. -----

----- From the book: Cultural traditions and values help a survivor build trust. Core beliefs filter experience, screen (reject) the unmanageable, and allow for the reinforcement of strength. As strength increases, the person manages a wider range of experiences (in terms of variety, intensity, duration and frequency). Positive experiences provide affirmation. A survivor who is on a path of healing increasingly sees characteristics that are common among trustworthy people. Perseverance is essential, because: -A con artist fools their victim, -An...



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