

# [PDF] Trauma And Recovery: The Aftermath Of Violence--From Domestic Abuse To Political Terror

Judith L. Herman - pdf download free book



## Books Details:

Title: Trauma and Recovery: The Afte

Author: Judith L. Herman

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## Description:

A revised and updated edition of the groundbreaking work that changed the way we think about and treat traumatic events and trauma victims.

When *Trauma and Recovery* was first published in 1992, it was hailed as a groundbreaking work. In the intervening years, it has become the basic text for understanding trauma survivors. By placing individual experience in a broader political frame, Judith Herman argues that psychological trauma can be understood only in a social context. Drawing on her own research on incest, as well as on a vast literature on combat veterans and victims of political terror, she shows surprising parallels between private horrors like child abuse and public horrors like war. A new epilogue reviews what has changed--and what has not changed--over two decades. *Trauma and Recovery* is essential reading for anyone who seeks to understand how we heal and are healed.

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