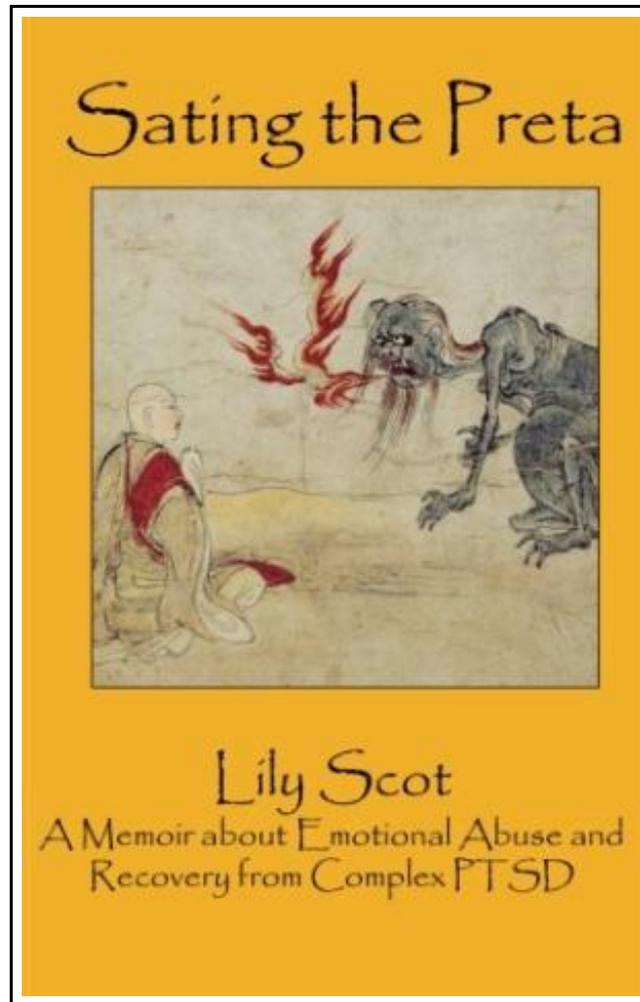


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Lily Scot, United States, 2013. Paperback. Book Condition: New. 206 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Complex PTSD from emotional abuse is an unreported epidemic in the United States. Lily Scot s Sating the Preta reveals the intricacies of this disorder through a personal account written in terms easily understood by trauma victims and their loved ones in finding recovery from its effects. According to Scot, in our increasingly anxious society, all of us are vulnerable to Complex Post-Traumatic Stress Disorder as more of us experience psychological trauma first and second hand. For most of us, these are not shocking or violent headline-creating incidents. They are subtle moments of terror first felt by us in childhood that open us to risk and further emotional abuse in adulthood. Out of this Complex PTSD we learn reactions and behaviors we use in a psychotic merry-go-round of avoiding or confronting new terrors. Too many of us are the product of emotional abuse and Complex PTSD, and too many others its unwitting cause. In Sating the Preta: A Memoir about Emotional Abuse and Recovery from Complex PTSD, Scot illustrates the development and characteristics of Complex PTSD through a personal story that translates the disorder into an understandable and treatable problem rather than the unrelieved craziness that victims feel and loved ones witness. Both can then more comfortably set themselves on a journey toward recovery, one perhaps similar to the transformation experienced by Scot. This compelling memoir explores the first years of Scot s life from 1950 to 1980 - three decades of intense cultural change during which perilous and harmful as well as gratifying and amusing personal events inspire her erratic journey and transformation. Scot evolves her story through satisfying vignettes offering vibrant impressions of a poignant...



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