



**The PTSD Workbook: Simple, Effective  
Techniques for Overcoming Traumatic Stress  
Symptoms by Williams PhD LCSW CTS, Mary  
Beth, Poijula PhD, Soili 2nd (second) , Revi (2013)  
Paperback**

*Mary Beth, Poijula, Soili Williams*

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# **The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms by Williams PhD LCSW CTS, Mary Beth, Poijula PhD, Soili 2nd (second) , Revi (2013) Paperback**

*Mary Beth, Poijula, Soili Williams*

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Psychologists and trauma experts Williams and Poijula offer the most effective tools available for treating post-traumatic stress disorder (PTSD). Readers will learn how to determine the type of trauma they have experienced, identify their symptoms, and learn the most effective strategies to overcome these symptoms.

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