

What It Takes to Thrive: techniques for severe trauma recovery.

I am delighted to announce the publication of my latest SF book, *What It Takes to Thrive: techniques for severe trauma recovery*.

It deals with all aspects of severe trauma and stress recovery, offering tools and techniques to manage triggers, flashbacks or intrusive thoughts; helping survivors of severe trauma and stress to regain control of their lives.

My hope is that *What it Takes to Thrive* will become an essential reference text for all mental health practitioners, from whatever tradition; and, be a self-help handbook for survivors of every type of severely traumatic experiences, as it is largely jargon-free.

Over many years of clinical practice, I have observed the strong link between unresolved trauma and depressed mood. In extreme cases, suicide is an unfortunate outcome.

Available in Paperback or E-Book through leading online retailers.

Best,

John Henden

