



# Separated From the Light : A Path Back from Psychological Trauma

*William Tollefson*

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## **Separated From the Light : A Path Back from Psychological Trauma** William Tollefson

Separated From the Light illuminates the darkness, isolation, and secrecy that shroud survivors of trauma. It was written to let people know that there is effective help for Post-Traumatic Stress Disorder (PTSD), and there are professionals who can assist with their recovery. It offers common-sense principles and theory explaining what a human being does in reaction to trauma and suggests a path to recovery.

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