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Presence After Trauma: Reconcile with Your Self and the World

Sonia Connolly

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Presence after trauma is an ongoing exploration of willingness to accept what is, and willingness to allow it to change. With this book, gather gentle, effective healing tools, including the many facets of acceptance. Discover your body's structure so you can move more fluidly and take up space confidently. Even in the face of abusive and everyday gaslighting, rebuild self-trust. Manage ongoing trauma effects more skillfully and know that hard times will still come and go. Leave behind the isolation of trauma to rejoin the challenges and rewards of relating. You deserve to exist exactly the way you are right now.

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