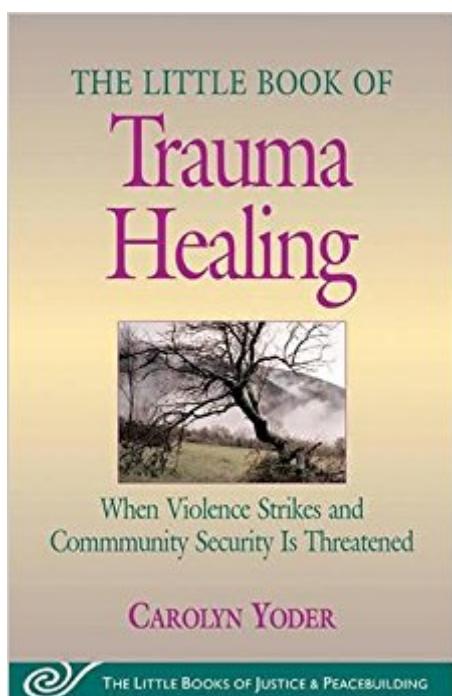


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# The Little Book Of Trauma Healing: When Violence Strikes And Community Is Threatened (Little Books Of Justice And Peacebuilding)



## **Synopsis**

Following the staggering events of September 11, 2001, the Center for Justice and Peacebuilding at Eastern Mennonite University was asked to help, along with Church World Service, to equip religious and civil leaders for dealing with traumatized communities. The staff and faculty proposed Strategies for Trauma Awareness and Resilience (STAR) programs. Now, STAR director, Carolyn Yoder, has shaped the strategies and learnings from those experiences into a book for all who have known terrorism and threatened security. A startlingly helpful approach. A title in The Little Books of Justice and Peacebuilding Series.

## **Book Information**

Paperback: 90 pages

Publisher: Good Books (November 2005)

Language: English

ISBN-10: 1561485071

ISBN-13: 978-1561485079

Product Dimensions: 8.5 x 0.3 x 5.5 inches

Shipping Weight: 4.2 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 13 customer reviews

Best Sellers Rank: #57,575 in Books (See Top 100 in Books) #72 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder #202 in Books > Self-Help > Stress Management #236 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

## **Customer Reviews**

Carolyn Yoder directs Strategies for Trauma Awareness and Resilience (STAR), a joint program of Eastern Mennonite

I gave this four stars, but honestly I had mixed feelings. The book was well written, and much of it made sense and was well thought out. However, there was one little chunk that lost me here. It basically stated that victims, in order to recover, needed to discover within themselves what they had done in order to cause their aggressor to harm them. I had SERIOUS issues with that. Skip that chapter and it isn't a bad little book

This small book helps me to understand how to respond to traumatic situations as well as helping

others to cope and manage traumatic situations.

The most amazing book I've read about trauma, and how to break out of the cycle of trauma. Yoder packs so much information in such a little book. I think it is a book that everyone should read, especially if you work with people because you will see how most of us are effected in some way by trauma.

The clear definitions about the many kinds of trauma found in today's world are very helpful, as are the suggestions for accompanying folks through each type to promote healing.

Excellent introduction. It leaves you wishing for more. But then again, it is a "Little Book."

The violence cycle often results in devastation and emptiness; forgiveness and healing are a path out of the chaos and toward unity and peace.

This is a good book for anyone who has had something traumatic in their life happen. I read it once and am going to read it again because it has great section on helpful advice.

Good stuff.

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