

PTSD Misunderstood

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Colophon

PTSD, misunderstood.

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Uitgeverij: Falinn

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Preface

In this book, I share my fascination with the phenomenon of post-traumatic stress disorder (PTSD). This curiosity has driven me to delve deeper into the impact and complexity of PTSD. The reason for this is that I know people in my environment who are regularly hindered by it in their daily activities. This led me to start an independent investigation, which is not only a personal quest to understand the people around me but also an attempt to provide a broader insight into the nature of PTSD.

I want to show how this disorder can affect people's lives in various ways, and in doing so, I hope to contribute to a better understanding and a more effective approach to PTSD.

Although PTSD has been recognized for years, the topic has not yet had the impact on the medical world that it should have. By presenting the insights and findings in this book clearly and accessibly, I aim to contribute to greater awareness and better understanding of PTSD among medical professionals.

This book aims to bridge the gap between personal experiences and scientific knowledge, in the hope that it will lead to improved treatment methods and more empathetic care for patients living with PTSD.