

Get Over It (Maybe Not All Of It)

Are you tired of feeling stuck in the past? Do you wish you could let go of the pain and hurt that's holding you back? If so, then this book is for you.

In *Get Over It (Maybe Not All Of It)*, author Christine Langley-Obaugh offers a compassionate and practical guide to overcoming emotional trauma. She draws on her own experiences as a therapist and survivor of childhood abuse to provide readers with a roadmap for healing.



Get Over It: (maybe not all of it) by Brenda Johnson

★★★★☆ 4.7 out of 5

Language	: English
File size	: 3676 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 273 pages
Lending	: Enabled



Langley-Obaugh believes that it's possible to get over trauma, but it's not always easy. She emphasizes that healing is a process, and there will be setbacks along the way. However, she also believes that with the right tools and support, anyone can overcome the challenges of trauma and live a full and meaningful life.

The book is divided into three parts. The first part provides an overview of trauma and its effects on the mind and body. The second part offers a step-

by-step guide to healing from trauma. The third part provides resources and support for trauma survivors.

In the first part of the book, Langley-Obaugh explains what trauma is and how it can affect our lives. She discusses the different types of trauma, including childhood abuse, neglect, witnessing violence, and natural disasters.

Langley-Obaugh also explains the impact of trauma on the brain and body. She discusses how trauma can lead to a variety of physical and mental health problems, including anxiety, depression, PTSD, and chronic pain.

In the second part of the book, Langley-Obaugh offers a step-by-step guide to healing from trauma. She emphasizes that healing is a process, and there is no one-size-fits-all approach. However, she provides a number of helpful tools and techniques that can help trauma survivors overcome the challenges of healing.

One of the most important steps in healing from trauma is to acknowledge and validate your experiences. Langley-Obaugh encourages trauma survivors to talk about their experiences with trusted friends, family members, or therapists.

It is also important to learn how to manage your emotions. Trauma can trigger a variety of strong emotions, including anger, sadness, fear, and guilt. Langley-Obaugh provides a number of helpful tips for managing emotions in a healthy way.

Finally, it is important to develop a support system. Healing from trauma can be a lonely and isolating experience. However, there are many

resources available to help trauma survivors. Langley-Obaugh provides a list of resources, including support groups, therapists, and online communities.

In the third part of the book, Langley-Obaugh provides resources and support for trauma survivors. She includes a list of helpful websites, books, and organizations. She also provides a number of tips for self-care.

Get Over It (Maybe Not All Of It) is an essential resource for anyone who is struggling to overcome the challenges of trauma. Langley-Obaugh's compassionate and practical approach provides trauma survivors with the tools and support they need to heal.

Reviews

"Christine Langley-Obaugh's book is a lifeline for trauma survivors. She offers a compassionate and practical guide to healing that is both accessible and empowering." - **Bessel van der Kolk, author of *The Body Keeps the Score***

"*Get Over It (Maybe Not All Of It)* is a must-read for anyone who has experienced trauma. Langley-Obaugh's insights are invaluable, and her approach is both compassionate and empowering." - **Oprah Winfrey**

"Christine Langley-Obaugh is a gifted therapist and writer. Her book is a powerful tool for healing from trauma." - **Alice Miller, author of *The Drama of the Gifted Child***

About the Author

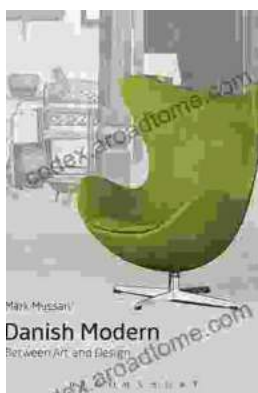
Christine Langley-Obaugh is a licensed clinical social worker and certified trauma therapist. She has over 25 years of experience working with trauma survivors. She is the author of several books on trauma, including *Get Over It (Maybe Not All Of It)* and *The Courage to Heal*.



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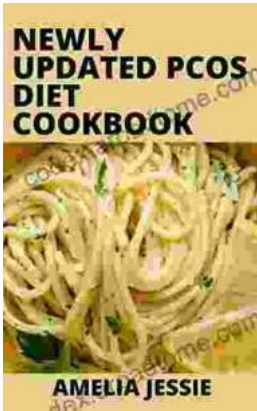
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