

Days Of Real To Heal: The Ultimate Guide to Healing Trauma and Finding Your True Self

Are you ready to embark on a journey of self-discovery and healing?

If you've experienced trauma in your life, you know that it can have a profound impact on your physical, emotional, and mental health. It can leave you feeling lost, alone, and disconnected from yourself and the world around you.



Hey Girl, you are...: 7 Days of Real to Heal

by Zeeshan-ul-hassan Usmani

★★★★★ 5 out of 5

Language : English

File size : 2854 KB

Screen Reader: Supported

Print length : 10 pages

Lending : Enabled



But what if there was a way to heal from your trauma and find your true self?

Days Of Real To Heal is a groundbreaking guide to self-discovery and healing. It provides you with the tools and insights you need to overcome the obstacles that trauma has created in your life and to create a life that is filled with purpose, passion, and joy.

In this book, you will learn how to:

- Identify the root causes of your trauma
- Understand the impact of trauma on your body, mind, and spirit
- Develop coping mechanisms for dealing with trauma triggers
- Create a safe and supportive environment for healing
- Connect with your true self and discover your purpose in life

Days Of Real To Heal is a powerful and transformative book that can help you to heal from your trauma and to create a life that you truly love.

If you're ready to start your journey of healing, Free Download your copy of **Days Of Real To Heal** today.

What people are saying about Days Of Real To Heal:

“This book is a lifeline for anyone who has experienced trauma. It provides practical tools and insights that can help you to heal and to find your true self.” - Dr. Gabor Maté, author of *In the Realm of Hungry Ghosts: Close Encounters with Addiction*

“A must-read for anyone who is struggling with trauma. This book will help you to understand your trauma and to develop the tools you need to heal.” - Bessel van der Kolk, MD, author of *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*

“This book is a groundbreaking guide to healing trauma. It provides a wealth of information and support that can help you to overcome the challenges of trauma and to create a life that is filled with purpose and joy.” - Judith Herman, MD, author of *Trauma and Recovery*

Free Download your copy of **Days Of Real To Heal** today and start your journey of healing.

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