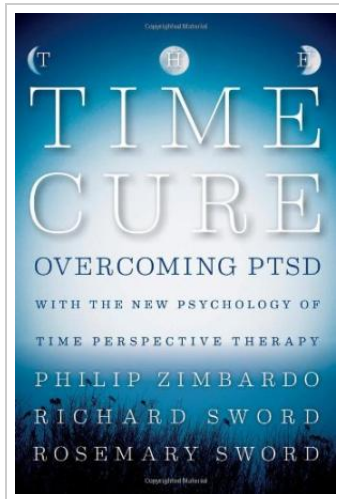




The Time Cure: Overcoming PTSD with the New Psychology of Time Perspective Therapy

By Philip G. Zimbardo, Richard Sword, Rosemary Sword

John Wiley & Sons Inc. Hardback. Book Condition: new. BRAND NEW, The Time Cure: Overcoming PTSD with the New Psychology of Time Perspective Therapy, Philip G. Zimbardo, Richard Sword, Rosemary Sword, In his landmark book, *The Time Paradox*, internationally known psychologist Philip Zimbardo showed that we can transform the way we think about our past, present, and future to attain greater success in work and in life. Now, in *The Time Cure*, Zimbardo has teamed with clinicians Richard and Rosemary Sword to reveal a groundbreaking approach that helps those living with post-traumatic stress disorder (PTSD) to shift their time perspectives and move beyond the traumatic past toward a more positive future. Time Perspective Therapy switches the focus from past to present, from negative to positive, clearing the pathway for the best yet to come: the future. It helps PTSD sufferers pull their feet out of the quicksand of past traumas and step firmly on the solid ground of the present, allowing them to take a step forward into a brighter future. Rather than viewing PTSD as a mental illness the authors see it as a mental injury --a normal reaction to traumatic events--and offer those suffering from PTSD...



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