



Crash Course: A Self-Healing Guide to Auto Accident Trauma and Recovery

Diane Poole Heller, Laurence Heller, Laurence S. Heller

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Trauma following automobile accidents can persist for weeks, months, or longer. Symptoms include nervousness, sleep disorders, loss of appetite, and sexual dysfunction. In *Crash Course*, Diane Poole Heller and Laurence Heller take readers through a series of case histories and exercises to explain and treat the health problems and trauma brought on by car accidents.

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