



# Post Traumatic Stress Disorder: Everyone Suffers A Certain Degree Of Stress In Their Life

*Terry Mallenby*

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Post Traumatic Stress Disorder: Everyone Suffers A Certain Degree Of Stress In Their Life How about this example of Post Traumatic Stress Disorder? Includes forced retirement of one “little guy” at the age of 28 when Canadian Government employees spread false murder charge statements against him, by such employees as: • RCMP S/Sgt John Thomas Randle • M.J. Hauser • Nicole Bomberg of the Canadian Human Rights Commission • Lorisa Stein of the Canadian Human Rights Commission And the Canadian Government started harassing this current author for revealing the truth about this corruption, with bogus audits for example by Gail Shea, Revenue Minister. Ah, that feels better – how true – one feels a lot better after writing about such bull-shite!! Footnotes 1. New technique to write off anxiety / PTSD sufferers encouraged to keep journals to help treat their disorders Michio Watanabe / Yomiuri Shimbun Staff Writer <http://www.yomiuri.co.jp/dy/national/T120210005760.htm> Also see: Arnold A.P. van Emmerik, Jan H. Kamphuis, Paul M.G. Emmelkamp, “Treating Acute Stress Disorder and Posttraumatic Stress Disorder with Cognitive Behavioral Therapy or Structured Writing Therapy: A Randomized Controlled Trial”, *Psychother Psychosom* 2008;77:93-100 Also see: Brent MacKinnon, *PTSD and Expressive Writing*. Brockton Publ, 2012

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People live in this new time of lifestyle always make an effort to and must have the time or they will get wide range of stress from both daily life and work. So , if we ask do people have time, we will say absolutely indeed. People is human not really a robot. Then we inquire again, what kind of activity are you experiencing when the spare time coming to an individual of course your answer will unlimited right. Then ever try this one, reading guides. It can be your alternative with spending your spare time, the actual book you have read is actually Post Traumatic Stress Disorder: Everyone Suffers A Certain Degree Of Stress In Their Life.

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