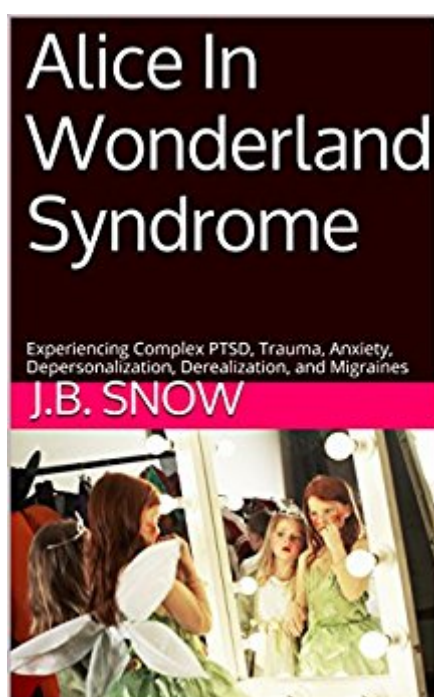


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# Alice In Wonderland Syndrome: Experiencing Complex PTSD, Trauma, Anxiety, Depersonalization, Derealization, And Migraines (Transcend Mediocrity Book 101)



## Synopsis

Many people have heard of trauma and PTSD. But when we think of PTSD, many of us think of nightmares and flashbacks which are related to one traumatic incident or event that has been experienced by the sufferer. There is another form of PTSD that is related to being exposed to repetitive trauma. It is called Complex PTSD, coined by a woman named Judith Herman. In this ebook, we will first explain Complex PTSD and trauma as it relates to Alice in Wonderland Syndrome (AIWS). We will also discuss how AIWS relates to migraines, stress and food intolerances. We will then touch base on who exactly is prone to experience Alice in Wonderland Syndrome, what the symptoms are, and how one can seek relief from this mysterious brain disturbance. What is Complex PTSD? How does it relate to Alice in Wonderland Syndrome? Complex PTSD is a disorder which alters a person's cognitive state, personality and emotional states due to repeated exposure to events in which the person feels incapable or helpless. These events can be an abusive romantic relationship or childhood physical abuse. Traumatic events can include a death, an infidelity, a complicated birth, a medical or mental illness, a job loss and many other events. Events that cause people stress and dysfunction can also include natural disasters, school bullying, rape, theft, mugging, automobile accidents, and physical injury. PTSD or Complex PTSD can be caused by nearly any event in which a person feels an overall lack of control in reference to what is occurring. They feel hopeless, helpless, weak or powerless during the event because of circumstances or actions which may be out of their control. Download now to read more! Tags: Alice in Wonderland Syndrome, Todd's syndrome, lilliputian hallucinations, depersonalization, derealization, Complex PTSD, PTSD

## Book Information

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## Customer Reviews

This book written by J.B. Snow was a very informative read about suffering and experiencing PTSD, trauma, anxiety .and how the outlet side world sees this. It goes hand-in-hand with comparison to the all-time favorite movie Alice in Wonderland as a child we didn't really understand what the movie was really based pond but in actuality The movie is based upon mental health issues and substance-abuse with this book it gives you great details on how to treat and live a normal life while suffering from the following. I really enjoyed this book I'll be recommending it to other people who either suffer from the above or have a loved one or friend that suffer from the above

very interesting as i did not know there were different types of ptsd. This book related to my condition and i will be mentioning it to my dr. I think more people like myself need to research along with medical help, as in my case the dr.s ive seen just want you in and out the door.

Very documentary. Most of the information I was familiar with already concerning ptsd. I would have like to see more history and examples of AIWS and it's relation to ptsd.

The possibility that there can be an obscure reason for the experience of certain things makes me feel better about the fact that they are symptoms with an explanation

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