



## **The Posttraumatic Self: Restoring Meaning and Wholeness to Personality (Psychosocial Stress Series)**

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# The Posttraumatic Self: Restoring Meaning and Wholeness to Personality (Psychosocial Stress Series)

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Filling a gap that exists in most traumatology literature, *The Posttraumatic Self* provides an optimistic analysis of the aftermath of a traumatic event.

This work appreciates the potentially positive effects of trauma and links those effects to the discovery of one's identity, character, and purpose. Wilson and his distinguished contributors explore the nature and dynamics of the posttraumatic self, emphasising human resilience and prompting continued optimal functioning. While taking into consideration pathological consequences such as posttraumatic stress disorder (PTSD), the authors study the impacts a traumatic event can have on one's inner self, and they help the victims transform such an event into healthy self-transcendent lifecycles. *The Posttraumatic Self* will help victims and healers transform the way they deal with the complexities of trauma by making important connections that will allow for healing and growth.

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