

## **Childhood Trauma: Your Questions Answered**

Ursula Markham



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#### Childhood Trauma: Your Questions Answered Ursula Markham

Childhood traumas. Whether they occur by design or accident, affect a sizeable number of people, and restrict our ability to lead healthy and fulfilling lives. In this accessible and expertly written handbook, Ursula Markham takes an in-depth look at the nature of childhood trauma, showing how it can be recognized and eventually overcome.

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