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EMPOWERMENT



Dr. Gary Bell's **ABSURD PSYCHOLOGY** Taking Insanity to the Woodshed

Dr. Gary Bell
Marriage Family Therapist



Dr. Gary Bell's Absurd Psychology
Tuesday at 11 AM Pacific
May 19th 2017: Post Traumatic Stress Disorder

Post Traumatic Stress Disorder -PTSD- is a silent killer of quality of life, family, jobs, relationships and sometimes the people themselves who have it. The good news is that there are many effective ways to heal if not completely cure PTSD. The first victim is the one who experiences acute anxiety with no way to cope with it except stuff it and deny. After 30 days untreated, PTSD takes over and starts to take over the victims emotional intelligence and eventually their personality. Drugs, alcohol, constant irritability and bouts of rage are triggered by anything that reminds the victim of th

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