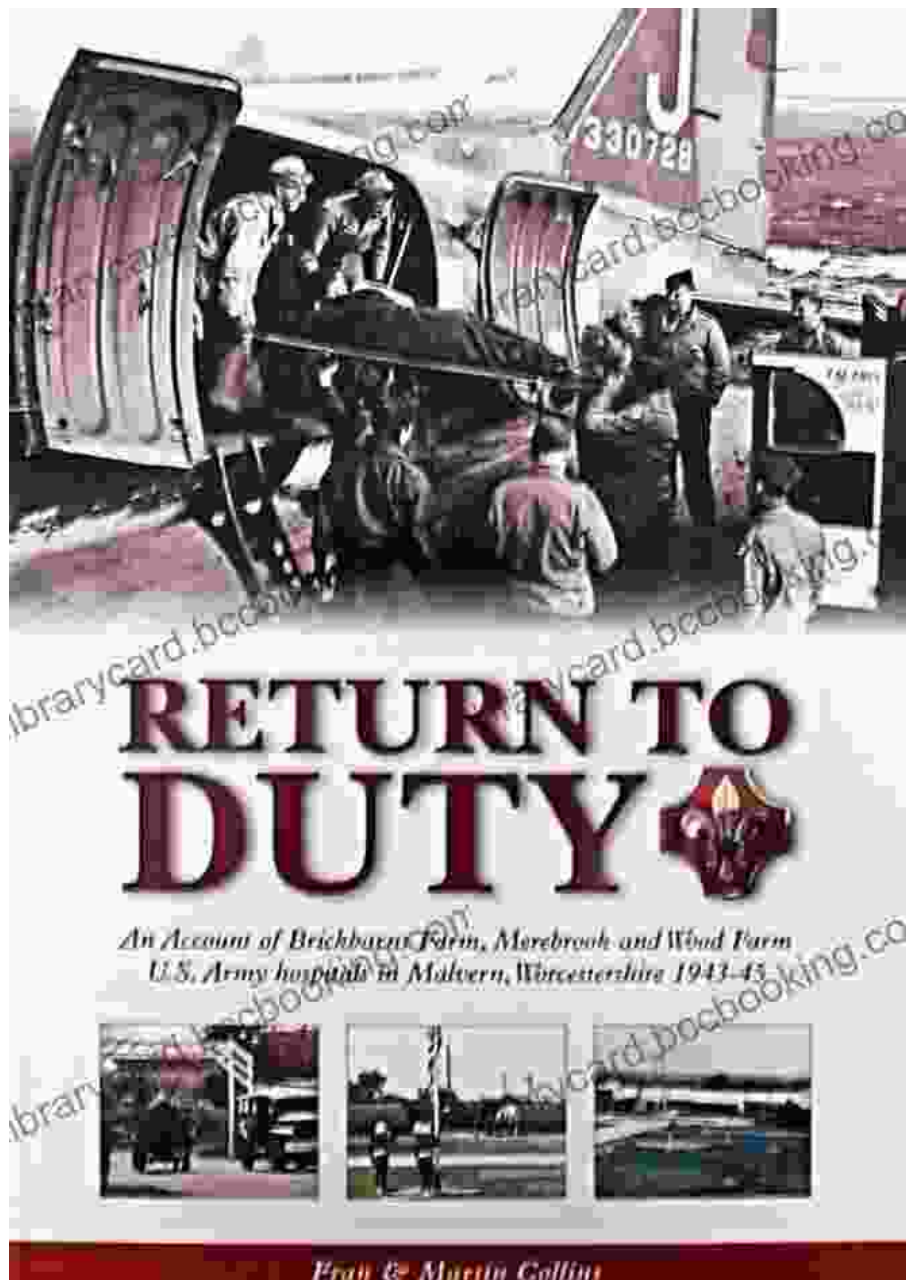


Return to Duty: Reclaim Your Life After Trauma



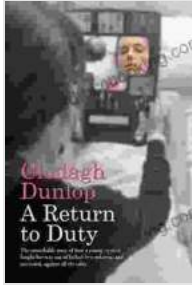
A RETURN TO DUTY by CLODAGH DUNLOP

★★★★☆ 4.7 out of 5

Language : English

File size : 8615 KB

Text-to-Speech : Enabled



Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 203 pages
Lending : Enabled



By Clodagh Dunlop

Trauma can have a devastating impact on our lives, leaving us feeling lost, broken, and alone. But it doesn't have to be the end of your story.

In her groundbreaking book, *Return to Duty*, Clodagh Dunlop offers a lifeline to those who have experienced trauma. Drawing on her own personal experience as a trauma survivor and her work as a therapist, Clodagh provides a practical, step-by-step program to help you overcome the challenges of trauma and live a full and meaningful life.

Return to Duty is not a quick fix. It is a journey that takes time and effort. But if you are willing to commit to the process, Clodagh will guide you every step of the way.

In this book, you will learn how to:

- Understand the impact of trauma on your body, mind, and spirit
- Develop coping mechanisms to manage the symptoms of trauma
- Build a support network of people who understand what you're going through

- Find meaning and purpose in your life after trauma

Return to Duty is a must-read for anyone who has experienced trauma. It is a book that will help you heal, grow, and reclaim your life.

Free Download your copy today!

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About the Author

Clodagh Dunlop is a trauma survivor and therapist. She is the founder of the Return to Duty program, which helps people to overcome the challenges of trauma and live a full and meaningful life. Clodagh is a passionate advocate for trauma survivors, and she is dedicated to helping others find healing and hope.

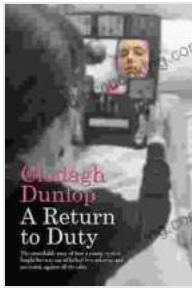
Endorsements

"Return to Duty is a groundbreaking book that offers a lifeline to trauma survivors. Clodagh Dunlop's insights are invaluable, and her step-by-step program is essential reading for anyone who wants to heal and reclaim their life."

- Bessel van der Kolk, author of *The Body Keeps the Score*

"Clodagh Dunlop has written a powerful and important book. Return to Duty is a must-read for anyone who has experienced trauma. It is a book that will help you heal, grow, and reclaim your life."

- Judith Herman, author of *Trauma and Recovery*



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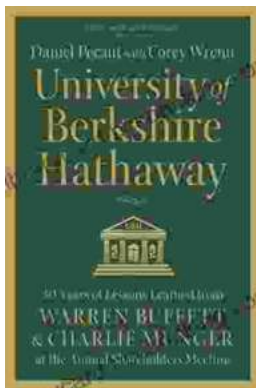
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