

# What You'll Learn In The Reset Your Recovery Audio Series

*With Michele Rosenthal*

## These Audios Are About What Holds You Back — And How To Move Forward

Three series, twelve audios to help you identify what keeps you feeling bad, and why the cycle keeps happening over and over again. But the program wouldn't be effective if it only helped you recognized and name what's tripping you up.

In order to be really useful these audios would have to **give you SOLUTIONS**. That's exactly what they do: In every audio program you receive three important things....

1. Education about the topic so that you understand how it relates to and impacts your PTSD experience.
2. The benefit of hearing what works for other survivors (and what might be useful to you)
3. Ideas, exercises and challenges to take what you learn in the audio out into the real world of healing.

Read on to see exactly  
what *Reset Your Recovery* covers....



## Learn the basics in this 5-part series



**How to Do Square Breathing.** In this experiential audio you will be guided through a 15-minute practice for how to use your breath as a healing tool. Use the audio to put in place a daily habit of breathwork that will reduce anxiety and increase your sense of calm.



**Creating a Healing Intention.** It's much easier to maintain your recovery focus if you're clear about what you're trying to achieve. Learn how to devise your personal healing intention so that no matter how bumpy the road to recovery is, you will always be able to find your way.



**Educating Yourself about PTSD.** The more you know about posttraumatic stress disorder symptoms, treatment, facts, stats and other information the more empowered you become on your healing journey. In this hour-long seminar you learn how to learn, plus pick up some immediate details you need to know.



**Educating Others about PTSD.** It's tough for friends, family, lovers and even colleagues to live with, watch and understand the PTSD mindset and behavior. The more those important to you understand about what you're going through the more they can support, advise, help, love and stand by you.



**Seeking Help in PTSD Recovery.** Knowing how to find the help you need is critical to putting in place a strong PTSD recovery strategy. Learn how to locate the resources and support you need when you need it.



## Overcome obstacles in this 5-part series



**Identifying Blocks in PTSD Recovery.** It's very common to become stalled in PTSD recovery. Learn the most popular nine issues that get in the way of recovery, see if they apply to you, and begin the process of figuring out how to remove them.



**How You Sabotage Your PTSD Recovery.** It's easy to get in your own way in the PTSD recovery process. Learn five things you might be doing to slow down or completely stall your process



**Developing Compassion and Self Support.** The more you criticize yourself the more you increase stress hormones and decrease resilience. Self-compassion changes your neurobiology and improves flexibility and creativity in healing. Discover a 3-step process designed to help you develop compassion today.



**Changing Your Beliefs.** What you think, feel and perceive about yourself and PTSD recovery dramatically affects your ability to progress. This hour-long seminar teaches three ways to begin changes your perceptions TODAY.



**Goal-Setting in PTSD Recovery.** Do you feel overwhelmed at the idea of figuring out what needs to be and how to do it? Learn a simple three-step process that makes any PTSD recovery goal immediately come more within reach.



**Develop new skills in this 2-part series**



**Coping with Trauma Anniversaries.** Do you experience increased PTSD symptoms around the time of your trauma anniversary? In this roundtable forum two combat veterans, a trauma therapist and a rape survivor talk with Michele about how to deal with that time of year, plus how to move beyond it.



**Coping with PTSD and Holiday Stress.** The stress of holidays can exacerbate PTSD symptoms. Learn eight proactive things you can do to take back control and reduce stress.

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