

Healing from posttraumatic stress isn't easy. It takes courage, honesty, and determination. This is a journey forward. There is a poignant awareness of compassion and kindness, and the healing of biology, mind, and soul. You'll grow, and your spirit will expand.

*Dark Water: Healing from Stress after Trauma* suggests that healing encompasses the whole person that is you. Paths toward healing run deeply through who you are and through your soul. This is a journey of many twists and turns, of infinite colors and hues, and of discovery.

Trauma is experienced in ways that are individual, and because of that, the individual needs to heal. Compassion is vital especially from oneself to oneself.

Writing is quiet, meant to be thoughtful and supportive during a difficult time. It suggests seeking assistance. References and online resources are included in case they might be of use.