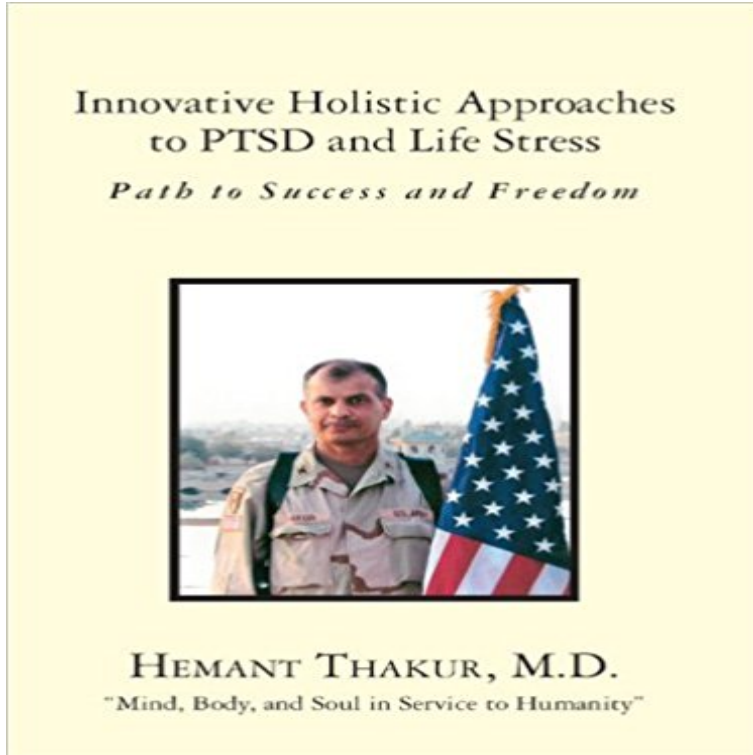


# Innovative Holistic Approaches to PTSD and Life Stress: Path to Success and Freedom



This book is based upon studies of people who faced traumatic events and numerous problems and despite experiencing traumatic events they continue to live holistically successful lives. Learn step-by-step approach to an innovative system to deal with any traumatic/stressful event or life problems while improving life holistically. Current wars, conflicts in the world, trauma, stress, and learned behavior influence every life to one degree or another. The world has become a chaotic place despite the immense technological advances; it is filled with poverty, illiteracy, greed, violence, conflicts, and wars on every continent. Dr. Thakur's teachings have helped thousands of combat vets as well as people from all walks of life to create successful, happy, and peaceful lives. Hundreds of people whose lives were changed for better have told him that if the tools from this book are taught in every school around the world it will help to create happy, peaceful societies all across the globe with abundance for every one. The tools taught in this book, if used consistently, can help to improve the emotional and physical health of millions of people, cutting down health care costs by billions of dollars. This book will show individuals as well as societies how to empower ourselves at the personal, community, and the national level with the step-by-step process to create emotional health, peace, joy, and abundance in life while decreasing the current violence and wars in the world. This book will show you the way to conquer PTSD and stress, and how to successfully cope with any problems while creating peace, inner joy, and harmony within yourself and on this Earth. About the Author Dr. Hemant Thakur, is a medical doctor, assistant clinical professor, an inventor, a motivational speaker, a businessman, a Reiki master, a board certified psychiatrist with specialized training in psychosomatic

medicine, and a specialist in post-traumatic stress disorder (P.T.S.D.). He has worked as a psychiatrist in various mental health settings. He has been the director of a PTSD program for more than fifteen years and a colonel in U.S. Army Reserve, Iraq War veteran, treating thousands of combat veterans/soldiers who were traumatized. Dr. Thakur has lectured extensively on his holistic treatments in Europe, Asia, and the United States. Born in Bombay, India, he immigrated to the United States in 1981. Apart from the barriers of language and culture, he also encountered a number of personal problems. He witnessed numerous peoples tragedies and suffering. He worked closely with people who suffer from horrors of wars and violence. He also came across hundreds of people who are lost as how to conduct their lives despite all the material possessions. Finally, after much adversity, he arrived at a point in his life where he decided to study what it is that makes people successful, happy, and spiritually fulfilled. He also studied many prominent people who overcame enormous obstacles, great thinkers, and religious leaders. He studied universal ways that can lead to holistic success in every aspect of life at individual level while creating peace, harmony, and abundance for the humans. After years of treating people whose lives were in ruins, he saw that traditional psychiatry, drug therapies, psychotherapies, and current ways of dealing with life were not always effective to create holistic success. He learned that unless these people received tools, strategies, and techniques that they could apply to all actions, values, and beliefs they would not find the inner joy, happiness, peace, and harmony in their lives and the lives of others. He began to identify common themes that can help to create successful, holistically fulfilling lives and create harmony on this Earth. After meeting hundreds of well-to-do people, he realized that many people are successful financially, but empty spiritually. He teaches these tools and strategies in his seminars.

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