

Walking the Medicine Wheel: A Transformative Journey to Heal Trauma and PTSD

If you've experienced trauma or Post-Traumatic Stress Disorder (PTSD), you know the profound impact it can have on your life.



Walking the Medicine Wheel: Healing Trauma & PTSD

by John Vigor

★★★★☆ 4.8 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
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Lending : Enabled



Trauma can leave you feeling disconnected from yourself and others, struggling with anxiety, depression, and flashbacks. PTSD can make it difficult to sleep, concentrate, and function in everyday life.

But there is hope for healing. The Medicine Wheel is a powerful ancient Native American tool that can help you understand and heal from trauma.

In her groundbreaking book, *Walking the Medicine Wheel: Healing Trauma & PTSD*, author and trauma expert Rosebud Medicine Woman shares her personal story of healing from trauma. She also offers a roadmap for your own healing journey, using the Medicine Wheel as a guide.

The Medicine Wheel is a circle divided into four quadrants, each representing a different aspect of the human experience:

1. **East:** Physical health and well-being
2. **South:** Emotional health and relationships
3. **West:** Mental health and spirituality
4. **North:** Home, family, and community

By understanding where you are on the Medicine Wheel, you can identify the areas of your life that need healing. Rosebud Medicine Woman provides transformative practices for each quadrant of the wheel, including:

- Grounding and centering exercises
- Trauma release techniques
- Emotional regulation tools
- Spirituality and self-discovery practices

Walking the Medicine Wheel is not just a book; it's a journey of self-discovery and healing. With Rosebud Medicine Woman as your guide, you will learn to:

- Understand the nature of trauma and PTSD
- Identify the areas of your life that need healing
- Develop healthy coping mechanisms
- Connect with your inner wisdom and power

- Find peace and healing on your own personal journey

If you are ready to heal from trauma and PTSD, *Walking the Medicine Wheel* is the book for you. This powerful guide will help you find your way back to wholeness and well-being.

Free Download your copy of *Walking the Medicine Wheel* today and begin your journey of healing.



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