

VeteranCaregiver.com Video Resources

Recommended Resources: Post-Traumatic Growth (PTG)

Resources <u>http://www.livehappy.com/science/positive-</u> psychology/science-post-traumatic-growth

> https://www.usatoday.com/story/nation/2014/05/05/mattisiraq-afghanistan-marines-usmc/8632093/

https://www.funker530.com/post-traumatic-growth-tw1/

http://www.nytimes.com/2012/03/25/magazine/posttraumatic-stresss-surprisingly-positive-flip-side.html

http://www.businessinsider.com/james-mattis-inspiringmessage-for-post-911-veterans-2015-4

http://www.newyorker.com/tech/elements/can-trauma-helpyou-grow

http://www.oprah.com/inspiration/post-traumatic-growth

http://www.brainlinemilitary.org/content/2012/05/the-manylayers-of-post-traumatic-growth\_pageall.html

http://www.huffingtonpost.com/vanessa-van-edwards/posttraumatic-growth\_b\_8650000.html

http://www.success.com/article/3-inspirational-stories-of-posttraumatic-growth

Proprietary Recommended Resource List by VeteranCaregiver, a division of WiseHealth, Inc. May be shared with attribution and all resources should be researched by the user for individual benefit. All rights reserved. Updated March 2017.



VeteranCaregiver.com Video Resources

Proprietary Recommended Resource List by VeteranCaregiver, a division of WiseHealth, Inc. May be shared with attribution and all resources should be researched by the user for individual benefit. All rights reserved. Updated March 2017.