

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

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