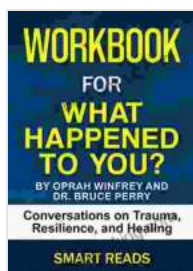


Workbook For What Happened To You: Overcoming Childhood Trauma with Oprah Winfrey and Dr. Bruce Perry

This groundbreaking workbook, based on the acclaimed book *What Happened to You?*, provides a powerful tool for those who have experienced childhood trauma to begin to heal and reclaim their lives.



Workbook for What Happened to You? (Oprah Winfrey and Dr. Bruce Perry) by Smart Reads

★★★★☆ 4.5 out of 5

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|----------------------|-------------|
| Language | : English |
| File size | : 3150 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 80 pages |
| Lending | : Enabled |



Co-authored by Oprah Winfrey and Dr. Bruce Perry, *What Happened to You?* has sold over 4 million copies worldwide and has been translated into 45 languages. The book has been hailed as a "game-changer" and a "must-read" for anyone who has experienced trauma.

Now, with the *Workbook for What Happened to You?*, readers can take the next step in their healing journey. This workbook provides guided exercises, journaling prompts, and self-reflection questions to help you:

- Identify and understand the impact of your childhood trauma
- Develop coping mechanisms and resilience skills
- Build healthy relationships
- Create a life that is free from the limitations of your past

The *Workbook for What Happened to You?* is a compassionate and supportive guide for anyone who is ready to heal from childhood trauma. With the help of Oprah Winfrey and Dr. Bruce Perry, you can learn how to transform your past into a source of strength and resilience.

What People Are Saying About the Workbook For What Happened To You?

"This workbook is a powerful tool for healing childhood trauma. It is full of exercises, journaling prompts, and self-reflection questions that can help you to understand the impact of your trauma, develop coping mechanisms, and build healthy relationships. I highly recommend this workbook to anyone who is ready to take the next step in their healing journey." —

Oprah Winfrey

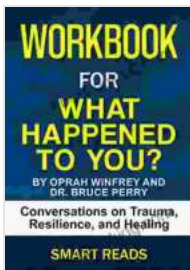
"This workbook is a much-needed resource for anyone who has experienced childhood trauma. It provides a safe and supportive space to explore your past, understand its impact on your present, and develop the skills you need to heal and thrive." — **Dr. Bruce Perry**

"This workbook is a game-changer for anyone who has experienced childhood trauma. It is a powerful tool for healing and transformation. I highly recommend it." — **Bessel van der Kolk, author of *The Body Keeps the Score***

Free Download Your Copy of the Workbook For What Happened To You? Today

The *Workbook for What Happened to You?* is available now in hardcover, paperback, and e-book formats. To Free Download your copy, please visit your favorite bookstore or online retailer.

Start your healing journey today!



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