



Media Kit

Sara E. Teller

Author Bio

Book Bio

Target Audience

Book Excerpt

Suggested Interview Questions

Story Ideas

Images

Contact Information

Author Bio

About Sara E. Teller

Sara E. Teller is an award-winning author, speaker, and advocate for those afflicted by mental health issues. She holds an MBA and is currently pursuing an MA in Clinical Mental Health Counseling. Sara is also the owner/operator of Sara E. Teller Industries LLC and has spent nearly twenty years in media with positions in publishing and entertainment.

Sara has worked for newspapers, magazines, and book publishers in content digitization, editorial, acquisitions, and intellectual property. She has also been the supervisor of a castings department at an entertainment company.

She is a frequent guest speaker on health and wellness podcasts and was one of six invited speakers at a Careers in Publishing & Authorship event at Michigan State University, where she received an undergraduate degree as part of the Honors College and interned at the MSU Press.

Sara enjoys reading, writing, gardening, and spending time with her family at their home in Michigan. In a fast-paced world, she values simplicity, humbleness, and quiet moments of reflection. She believes laughter is the best medicine.

PTSD: Healing from The Inside Out is Sara's fifth book. Her other titles include Narcissistic Abuse: A Survival Guide, Another Bridge to Cross, Cookies, and Once Upon a Starry Night.



Book Bio

"Sara urges readers to dig deep and be honest, becoming more mindful and true to oneself. She acts as a companion to guide readers through the healing process, which makes it unique and personable. I think anyone can walk away from this book having learned something." - Maria Gagarine, BHSc, member of Jack.org

PTSD: HEALING FROM THE INSIDE OUT

*Strategies for Tackling Symptoms,
Regaining Strength, and Realizing Sustainable
Healing*

From the award-winning author of
Narcissistic Abuse: A Survival Guide

SARA E. TELLER

PTSD - THE SECRET SCOURGE OF GENERATIONS

Sara E Teller brings yet another tough subject to the forefront of modern attention with style and sense of knowing that only comes with firsthand experience.

From the battlefields of the Middle East to the minefields of domestic abuse, PTSD has stealthily infiltrated our society for generations. Its impact is deep and complex, affecting everything from relationships to careers, communities, and beyond.

Teller not only brings light to this delicate subject, she also brings relief through a series of exercises and life-altering practices. If you know someone who suffers from PTSD this book can be a life saver.

Target Audience

PTSD: Healing from the Inside Out provides a guide for survivors who have removed themselves from the immediate clutches of trauma, but know they'll never be the same. They have escaped physically, but the mental and emotional side-effects linger, keeping them imprisoned by the circumstances they've endured. The rug has been ripped out from under their feet and they are now left searching for happiness that was lost. They are desperate to regain a sense of self that took second seat to the chaos they braved. There are so many unanswered questions and a profound sense of resentment lingers despite a genuine desire to heal.

Where to start? What are some useful tools to keep in one's back pocket? How can a survivor make sense of what has happened once the immediate threat has ceased? How can this person transition from feeling like a discarded shell of themselves to whole again? Will they ever just be able to 'let it go'?

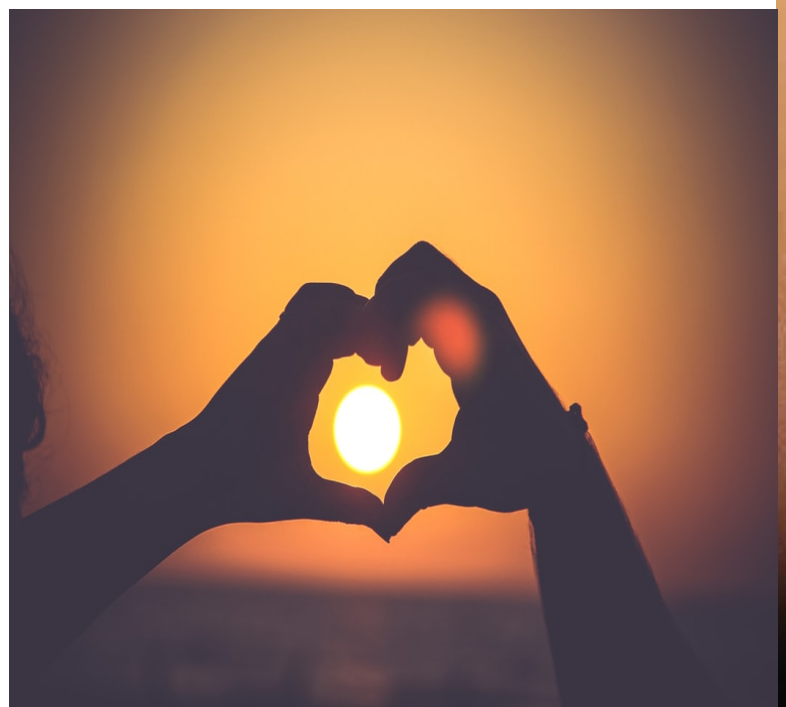
Eventually, trauma survivors will start searching for answers. Not because they're weak and not because they're defective – even though they're convinced of both. The mess they've created in the present soon becomes unbearable, even if it is only evident internally, and whether or not they realize their temperament is tied to past unpleasant events, they will want answers for why they are living this way, feeling this way, and why they can't simply 'be normal.'

While the survivor likely knows they've been wronged, and they understand the implications of what they went through, they may not understand why they can't shake these symptoms or feel like they did prior to the events. They search to reinstate a lost sense of self instead of looking for ways to embrace this new version of self. Their quest will send them searching for answers, but frequently not to the right questions, so these won't help. Many of the results their searches will yield will focus too specifically on the symptoms rather than on the solutions or the give them facts rather than tools.

PTSD: Healing from the Inside Out doesn't waste time offering information survivors already have. It doesn't ask for the reader to revert back to their pre-trauma existence, because this is impossible. Rather, it serves to make the connections between the symptomatic information and post-traumatic stress disorder while delivering a fresh perspective and effective techniques needed to heal. By introducing the concepts of mindfulness and heartfulness, living in the present and taking one day at a time, referencing twelve-step topics, and touching on the importance of evolving and becoming others-centered, it gives readers the tools needed for sustainable recovery.

PTSD: Healing from the Inside Out seeks to reframe the survivor's perception of what it means to heal by suggesting this is a continual journey rather than a one and done exercise. And, while one may feel shame for being unable to be the same person they were before trauma, there is beauty to be embraced in this second draft of life – so much beauty that it's unnecessary to harbor resentment for what was lost. The focus needs to shift to the here and now, moving forward, not backward.

PTSD: Healing from the Inside Out expands the concepts learned in twelve-step programs and applies these to healing strategies for survivors of trauma. In this way, it not only suggests that substance abuse is merely a symptom of a larger problem but proposes that twelve-step resources are applicable to a wider population, including those who have not turned to substances to cope with trauma. This is a unique approach. Applying concepts and techniques learned in twelve-step recovery programs to trauma recovery is both easy and effective.



Envision yourself standing before the edge of a cliff, knowing there's a large body of water beneath you. You stand there for a moment with a decision to make: do you turn back or take the plunge? If you turn back, you will return to what you know. If you take the plunge, you will enter a state of being that is unfamiliar and perhaps a bit scary. Turning back is familiar, jumping in is frightening or exciting, depending on how you look at it.

Which do you choose?

If you choose to jump, the water will be cold and uncomfortable; it will be all-consuming. You'll need to create a life-raft out of thin air and use it to navigate to the surface again. Yet, you realize this raft will guide you to a new world. You will be able to leave the discomfort behind and walk on solid ground once again, in a new chapter.

Book Excerpt



Suggested Interview Questions

1. What are the symptoms of PTSD?
2. How is PTSD treated?
3. Can one recover?
4. What are some at home techniques that help manage symptoms?
5. Why does the book focus on twelve steps for sustainable trauma healing?
6. What is mindfulness?
7. What is conscious manifestation?
8. What is abuse-induced substance use?
9. What is post-traumatic strength?
10. Explain the continual journey.





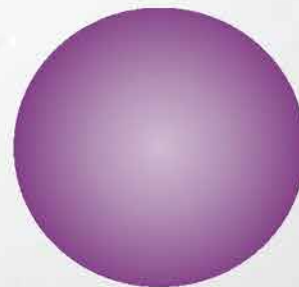
Story Ideas For Reporters

An estimated 70-percent of adults in the United States have experienced a traumatic event at least once in their lives and up to 20-percent of these people go on to develop post-traumatic stress disorder. This means an overwhelming number of people in the United States have been exposed to trauma and have the propensity to develop PTSD, and these numbers don't account for individuals who have yet to be clinically diagnosed. How many others are suffering in silence?

Mindfulness has grabbed the media's attention in recent years. But, what is it, exactly? And, what is the law of attraction, conscious manifestation or the power of positive thinking? What is post-traumatic strength or post-traumatic growth? Reframing? Worry time? ACT therapy? Mindful meditation? A multitude of concepts exist to help sufferers of PTSD in their continual journey towards sustainable healing.

What is the continual journey?

What does it mean to realize sustainable healing?

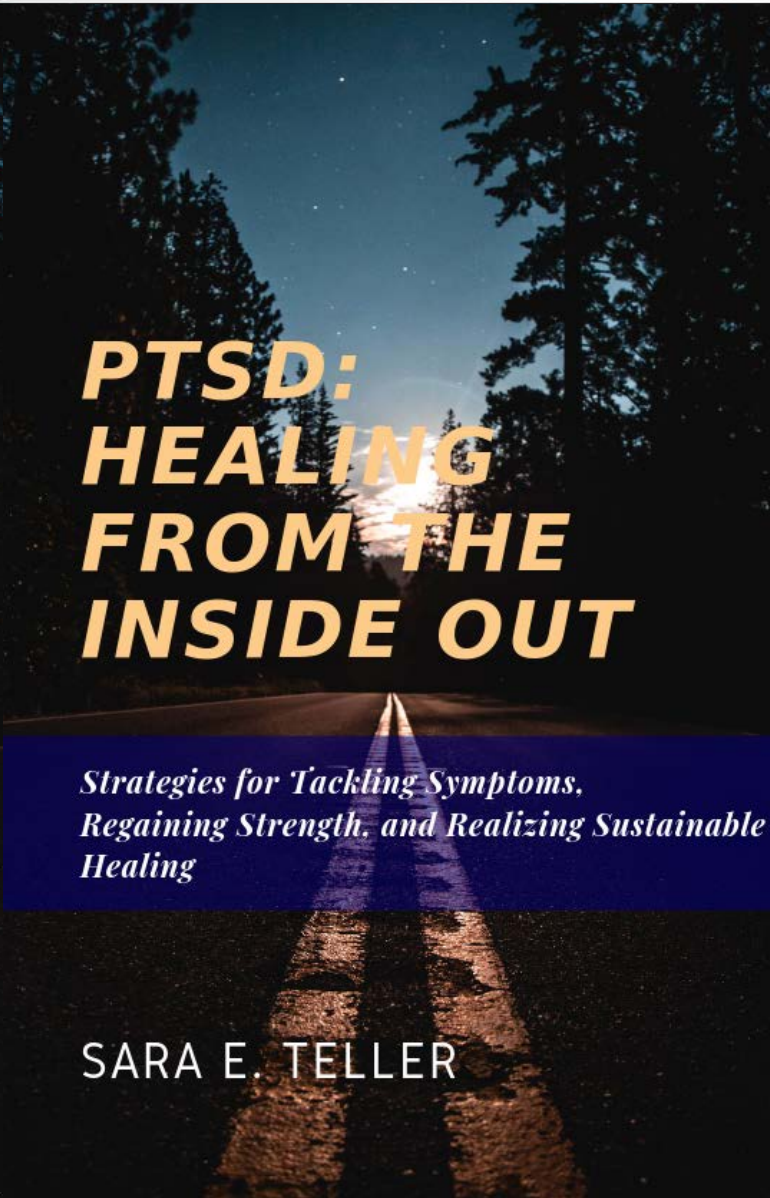


Why is living in the present and taking one day at a time so important?

What is heartfulness?



**Downloadable
Images**



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