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**Are You Suffering from PTSD Without Realising It?**

79.9% of people with depression have experienced trauma in childhood and here’s the solution.

**Newcastle, New South Wales:** Today, the Heal For Life Foundation has released a new book by founder Liz Mullinar that for the first time outlines the internationally regarded program that has helped over 8500 adults and children to recover from childhood trauma.

The book offers a new way for people with depression and anxiety to understand how events from childhood may be contributing to mental health issues, and provides proven strategies to heal trauma and reduce symptoms of depression and anxiety.

“Research shows that 79.9% of people with depression have experienced at least one event in childhood that would be considered traumatic,” says Liz Mullinar, CEO of Heal For Life Foundation.

“Trauma is subjective and age appropriate. If the event caused an overwhelming amount of fear, it may have resulted in trauma which has serious, long-lasting impacts on how we think, feel and behave,” she says.

Heal For Life for Kindle provides adults and children with a toolkit for mental and emotional wellbeing, based on the successful trauma-informed approach to mental health care developed by the Heal For Life Foundation. It will be available on Amazon starting 10 February 2020 at $0.99c for just one week. From Feb 17 2020, it will be available on Amazon for $11.99. For more information on Heal for Life: How to Heal Yourself From the Pain of Childhood Trauma, visit healforlife-book.com.au

**What others are saying:**

“Heal For Life is a book that not only benefits survivors of childhood trauma, it is critical for health professionals to broaden their empathy and influence their treatment strategies.” – Dr Jenny Draper, MB BS, DCH, FRACGP, ACAAM, GP

**About the Author:** Liz Mullinar is an internationally regarded trauma counselor, trauma survivor and founder of the Heal For Life Foundation. Regarded as one of the most successful trauma recovery programs in the world, Heal For Life has been independently evaluated to achieve significant, long-term improvements in mental health, social and emotional functioning, pain and vitality for people who complete the program. Liz recently presented the model at the 2019 International Congress for Attachment and Trauma as a keynote speaker.

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