



THE END OF THE TUNNEL
Experience your emotions in order to recover from
post-traumatic stress disorder
Dr. Daniel Dufour

Hope for overcoming the rage, suffering and loneliness
caused by PTSD.

200 pages
March 2018
Éditions de l'Homme
Rights sold to Germany.

Ignored, underestimated and under-diagnosed, post-traumatic stress disorder (PTSD) affects not only soldiers and war victims, but also many people directly or indirectly exposed to trauma, of whatever kind.

The materialist dogma current treatments are based on starts from the principle that the brain is responsible for the serious disorder the individual is suffering from. Actually, this is not at all the case: during a traumatic event, automatic survival reactions do not pass through the brain. The result is that the emotions experienced during the event remain blocked in the individual, hindering energy circulation. Since the primary cause of the illness is not being appropriately treated, the person often experiences serious illnesses that are attributed to other causes.

By means of the OGE or “reverse of ego” approach developed by Dr. Daniel Dufour, the energy and feeling blocked in these victims can be released, thus preventing the development of secondary disorders. If it is applied as soon as possible after the trauma, this method can also prove very useful in preventing the occurrence of PTSD. Regaining self-sufficiency without drugs and living a full life after PTSD is now possible!

Strong points

- Having long suffered with PTSD following his years at the front as a military doctor, the author knows his subject intimately.
- The book clearly identifies people at risk, more numerous than we might think.
- The author explains in simple terms the reasons why current PTSD treatments fail.
- The author suggests an integrative approach, facilitating the release of the emotions blocked during the traumatic experience and guiding the victim toward a cure.

Dr. Daniel Dufour practices holistic medicine, which treats the causes of illness, not just the symptoms. Born in Switzerland in 1951, he has been practicing medicine since 1979. His work for the International Committee of the Red Cross (ICRC) has taken him to the Middle East and Asia.



By the same author
THE TURMOIL WITHIN
Rights sold to Poland and Germany
> 50 000 copies sold
THE PAIN OF DESERTION
Rights sold to Spain, Korea and Germany
> 40 000 copies sold

