



On The Inside Looking Out: The aftermath of a tornado....living with PTSD

Connie Owens

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An EF3 tornado hit Snow Hill, North Carolina, at 5:55 p.m. on Saturday, April 16, 2011. I was there. I was inside it. I witnessed what most people never will, but I survived... physically that is. The National Weather Service reported that this tornado was 400 yards wide and 18 miles long with sustained winds from 145 to 160 miles per hour. It was one of twelve tornadoes associated with three super cell thunderstorms in eastern North Carolina on this date. It was the worst tornado outbreak in North Carolina history, totalling 31 with 16 rated as EF2 and EF3. Many people think Post Traumatic Stress Disorder is an imaginary disorder, symptoms that people invent. Trust me; it is not. Here is my story and, I hope after you read it, you will better understand the effect that trauma can impose on a person's mind, changing them forever. I never dreamed my life would be affected like this, but it is... and continues to be.



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A lot of people always spent all their free time to vacation or maybe go to the outside with them household or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you want to try to find a new activity this is look different you can read a book. It is really fun in your case. If you enjoy the book that you simply read you can spent the whole day to reading a guide. The book On The Inside Looking Out: The aftermath of a tornado....living with PTSD it is very good to read. There are a lot of those who recommended this book. These were enjoying reading this book. Should you did not have enough space to deliver this book you can buy the particular e-book. You can m0ore effortlessly to read this book out of your smart phone. The price is not to cover but this book provides high quality.

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