



# No Comfort Zone: Notes on Living with Post Traumatic Stress Disorder

*Marla Handy*

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## **No Comfort Zone: Notes on Living with Post Traumatic Stress Disorder** Marla Handy

No Comfort Zone exposes a jagged slice of humanity that is all too present, but often shielded from our view. The author challenges us to see life as she does, so we can understand a bit of what it's like to live with post-traumatic stress disorder (PTSD). With insight and humor, she describes the fear and unpredictability of growing up in an unstable household, the terror of being raped as a young adult, and the confusion and shame of living with perceptions and reactions that are often so very different from others'. After years of treatment for depression, a diagnosis of PTSD came as a surprise. Isn't this something that only happens to combat veterans? But it made sense. In writing this highly personal account, Marla Handy helps the rest of us understand what PTSD is and that it happens here at home, too.

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