

Preface

What does it mean to be OK?

There are countless books aimed at helping you as you negotiate your way through life. They tell you how to get rich, how to lose weight, how to make love.... They tell you how to be okay.

But what happens when you face a traumatic event—the tragic loss of a loved one, a serious illness or injury, physical or sexual abuse, an accident, loss of your job, divorce, suicide, a terrorist attack, fire or a natural disaster? How are your ordinary feelings of being okay impacted by an extraordinary event?

There are books to help you. Unfortunately, we don't usually reach out for those books until after emotional scars have formed and we're struggling with a traumatic stress disorder.

This book will teach you what you need to know while you're *living through* a traumatic experience. It provides practical information that will help you understand what's happening to you now, so you can regain the sense of control that seems to have been taken away. It offers strategies that will ease your pain, keep you functioning and lessen the likelihood of ongoing emotional suffering. Ultimately, it will teach you how to survive and thrive.

It's OK Not To Be OK ...Right Now.

Mark D. Lerner, Ph.D.