

From Surviving to Thriving PTSD



Lady Gaga, Mick Jagger, and Barbra Streisand are all great examples of people who have had PTSD while still sharing their amazing gifts with the world. According to the (US) National Center for PTSD, about 7 or 8 out of every 100 people (or 7-8% of the population) will have PTSD at some point in their lives. And these statistics are even higher for women, where about 10 of every 100 women (or 10%) develop PTSD sometime in their lives compared with about 4 of every 100 men (or 4%). And during this COVID 19 pandemic, the worldwide numbers are climbing.

Cherie Doyen, Bestselling Author and PTSD knows firsthand about the effects of PTSD and trauma. She was tormented with sexual abuse during her childhood. Once she healed herself, she became an advocate for women who have been subjected to physical, sexual and emotional abuse. The focus of her work is to help victims who have struggled through trauma, move out of the reactionary mode of PTSD and into the action of life. As a gifted intuitive, teacher and guide, she knows that PTSD is NOT a life sentence.

4 IMPORTANT THINGS for Women waking up from Trauma:

1. Validate Your feelings
2. Explore what is acceptable for you
3. The guilt and shame are not yours! You did nothing wrong!
4. Listen to Yourself and Speak your truth

Cherie's **PTSD** Formula for resolving PTSD and Trauma after COVID

Personal
Transformation
Spiritual

Delight



Cheri Doyen is a gifted intuitive, Teacher, Author and founder of QMatrix.

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