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## ***Best-selling author draws on life experiences to craft book to help other survivors talk about PTSD with their children***

PHOENIX - Talking with your family and children about your Post Traumatic Stress Disorder will never be easy, but a Phoenix author gives those battling PTSD a nonthreatening way to introduce and discuss the topic with family members of any age.

Anita Miranda's book, "Nana's Helping Hand with PTSD," was written with the intention of helping families conquer the subject and acknowledge that PTSD has an impact on everyone in the family, not just the traumatized person. Families often don't understand the anger, silences and other symptoms of those suffering from PTSD and children, whether young or grownup, often become angry adults and blame themselves for their family's dysfunction.

"It's very difficult for the person struggling to know how to acknowledge and share about the illness in a constructive way that can foster healing," says Miranda. "I was not able to reach my adult children through normal channels of communication so I wanted to write a book that can be used as a tool in helping families heal."

PTSD's name is nearly self-explanatory. The disorder occurs when something traumatic happens and a person struggles to overcome the aftermath. Symptoms include reliving the trauma over and over like a movie reel playing in the person's head, suffering flashbacks to the events or, the illness can remain dormant until something triggers a memory of the trauma creating anxiety.

Beautifully illustrated by Samantha Leiter, Miranda's book follows twins Bobby and Bella, whose mother suffers from PTSD. The pair visits with Nana, a friendly fixture in the neighborhood who serves milk and cookies and good advice to those needing someone to listen.

The twins are reluctant to share their feelings until Nana tells her story. She discloses how she also has PTSD because of something bad that happened to her. Feeling safe to talk, the twins discuss their mother's behaviors. Miranda uses examples that are easy for children to understand yet acknowledge the depth of suffering for both survivors and family members.

The children leave Nana's with coping skills to help them release blame, guilt and their feelings of helplessness. Although the book appears geared toward children, it also can have a powerful impact for adult children who grew up with a parent suffering from PTSD.

"It's all about starting a dialogue," Miranda says. "Adult children who grew up with a parent coping with PTSD may themselves find it difficult to discuss the topic. My book can help open that discussion because it offers such a nonthreatening way to introduce the subject."

Miranda also notes that children of PTSD parents can struggle for a lifetime, having had their developmental years marred by confusion and grief. Lack of open communication from a child's point of view may lead to costly therapy and the future emotional expenses of children damaged by PTSD as in broken homes, toxic relationships and poor life choices.

According to PTSD United, more than 70 percent of adults in the United States have experienced some type of traumatic event at least once in their lives. Of those, about 20 percent develop PTSD as a result. Although often associated with veterans, military personnel are far from the only group striving to overcome PTSD. First responders such as firefighters and police, victims of assault and victims of natural disasters often fall into the clutches of PTSD.

The book, published in June 2015 by Living Disabled Publishing, is a best-seller on Amazon where it is available in hardback (\$22) soft cover (\$10.99) or audio download (\$3.46). A workbook (\$10.99) to be used in conjunction with any of the formats also is available. A DVD is available for \$1.99 to rent for seven days, or to download and purchase for \$7.99 on Amazon.

This is the first in a planned series of "Nana Knows" books to help others. The author is available for public speaking engagements and book signings.

#### About the author

Anita Miranda is a mother, grandmother and U.S. Navy veteran inspired to enrich and expand the young minds of tomorrow. She is a former Juvenile Restoration Specialist and earned her master's degree in education from Northern Arizona University. From ward of the court to Navy recruit, Miranda found her passion and sense of belonging when she swore in at the Naval Command Center. Tragedy struck her early when she obeyed a direct order from a Petty officer. She now actively lives with PTSD. Through her authorial voice, "Nana's Helping Hand with PTSD" is an honest and open book about the topic. Her book became an Amazon best-seller within days of release. Her desire to help others also is deeply embedded in her personality and her nonprofit charitable organization, Circle of Helping Hands, which was established as a 501(c)(3) non-profit corporation 2003. The Scottsdale-based volunteer organization advocates for veterans, women and their children.

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