

## **New Book Launch Offers Hope for People Suffering From Trauma**

Psychedelic Medicines are Helping People Heal Their Trauma, Change Their Lives, and Grow Their Spirituality, edited by Randall S. Hansen, Ph.D., is now available.

"This book demystifies and designates this still all too often misunderstood and underappreciated modality of healing, that promises to help so many who are trapped in anguish and suffering."

—DAVID BREWER, Cosmic Engagement Officer, *Dr. Brewer's Magic Soaps*

# TRIUMPH OVER TRAUMA

PSYCHEDELIC MEDICINES ARE HELPING PEOPLE  
HEAL THEIR TRAUMA, CHANGE THEIR LIVES,  
AND GROW THEIR SPIRITUALITY



TRANSFORMATIVE STORIES TO GUIDE YOU AS YOU  
EMBARK ON YOUR OWN HEALING JOURNEY

EDITED BY

RANDALL S. HANSEN, PH.D.

**Spokane, Washington Dec 1, 2022 ([Issuewire.com](https://www.issuewire.com))** - The world is facing a mental health crisis; some refer to it as an epidemic of depression, anxiety, addiction, and suicide. People across the globe are facing a variety of traumas; people are hurting and the current solutions for dealing with the pain and emotional anguish are ineffective. This book launch from EmpoweringSites.com is designed to showcase the emerging healing paradigm of psychedelic medicines.

While the Western model of prescribing pharmaceutical drugs to medicate these mental health issues has been shown to be ineffective for years, there are centuries of historical records showing the healing use of these psychedelic medicines... and in the last decade, scientific research on psychedelics is showing positive results in helping people heal from a variety of issues, including PTSD, OCD, addiction, depression, anxiety, and more.

The book features several chapters covering the use and history of psychedelics, but the core of the book is the stories of 23 people who have been healed, transformed, and are now living their best lives. The results of intentional psychedelic use are astounding. Soldiers healed from the traumas of war (PTSD), adults healed from childhood intergenerational traumas from parents and grandparents; abuse survivors relieved of their guilt, shame, and anger; depression sufferers released from their prison of sadness and the need to take antidepressant medications; agnostic people discovering spirituality.

While psychedelics have been illegal in the U.S. and around the world for more than 5 decades because of questionable politics of the War on Drugs, a psychedelic renaissance is now taking place, with many experts expecting the FDA to not only reschedule several of these drugs but also approve them for therapeutic use. This book covers the history of the major psychedelic medicines (including psilocybin, MDMA, LSD, DMT, Ayahuasca, mescaline, ibogaine, and ketamine).

“This book demystifies and destigmatizes this still all too often misunderstood and underappreciated modality of healing, that promises to help so many who are trapped in anguish and suffering,” states David Bronner, Cosmic Engagement Officer, Dr. Bronner’s Magic Soaps.

Continued research into trauma and mental health reinforces that many of the outward manifestations of trauma and mental health crises have deep roots inside our psyche – and in many cases, people may not even know the source of their trauma, their pain. The profound success of the intentional use of psychedelic medicines comes from the medicines’ ability to help users face those hidden traumas and clear them so that they are no longer a source of pain, shame, guilt, and fear.

“Dr. Randall Hansen beautifully leverages the power of stories to show how psychedelics can heal. He emphatically rejects the daily cocktail of pills and embraces the mind-expanding effects of psychedelics. In an ever more isolated world, Dr. Hansen offers a space for individual stories, with broadly applicable lessons, states Floris Wolswijk, Founder of Blossom.

The book is available for pre-sale as an ebook. Both the ebook and paperback versions of the book will be published in early 2023.

*Triumph Over Trauma* website: <https://triumphovertraumabook.com/>

## About Empowering Sites.com

EmpoweringSites.com is a content compendium with a mission to help people improve their lives... all with helpful tools, expert advice, and links to the best resources for success. This book is the first published under this imprint.

## About Dr. Randall Hansen

Dr. Randall Hansen has been an educator his entire life. He has been focused on transforming the lives of people for the past 20 years, with a special focus on life balance, health, food, and wellness. He discovered the healing power of psychedelic medicines about 3 years ago, and he has made it his mission since then to be a strong advocate for the intentional use of psychedelics for healing.

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## Web Version of Media Release

<http://www.empoweringsites.com/triumph-over-trauma-book-release.html>

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