

Teri Werner, Transformational Expert and Coach, Disrupts Trauma Fragmentation with new book 'Train Wreck to Triumph'

Teri's proven steps transform life's "train wrecks" into a powerful frequency of healing, empowering individuals to overcome trauma.

DALLAS, TX, UNITED STATES, February 13, 2025 /EINPresswire.com/ -- Teri's proven steps transform life's "train wrecks" into a powerful frequency of healing, empowering individuals to overcome trauma.

"My mission is to support you to break free from the pain of your past and reclaim your strength and willingness to create the life of triumph you envision."



Teri Werner, Founder of Teri Werner International

Trauma can manifest in many forms—from broken relationships to business setbacks, and even physical and emotional pain that feels insurmountable. For those struggling with the devastating impacts of PTSD and other life challenges, [Teri Werner](#) offers a groundbreaking solution in her new book, [Train Wreck to Triumph](#). Combining personal insight, decades of experience, and proven strategies, Werner shares a transformative path to help individuals heal and move from pain to purposeful triumph.

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I am committed to connect you to your vision and guide you with personal and business success strategies—whether navigating life-shattering moments or seeking more fulfillment.”

Teri Werner

“My mission is to support you to break free from the pain of your past and reclaim your strength and willingness to create the life of triumph you envision.” Werner explains.

“In *Train Wreck to Triumph*, I offer a clear, step-by-step approach turning trauma into transformation. The tools and strategies I've developed over the years are designed to disrupt

[Teri Werner International](#) is dedicated to empowering individuals and organizations to achieve transformational success in both personal and professional arenas. Through her coaching programs, workshops, and publications—including her new book, *Train Wreck to Triumph*—Teri Werner provides actionable strategies for overcoming obstacles and unlocking new levels of growth and healing.

Learn more at www.teriwerner.com or www.trainwrecktotriumph.com

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