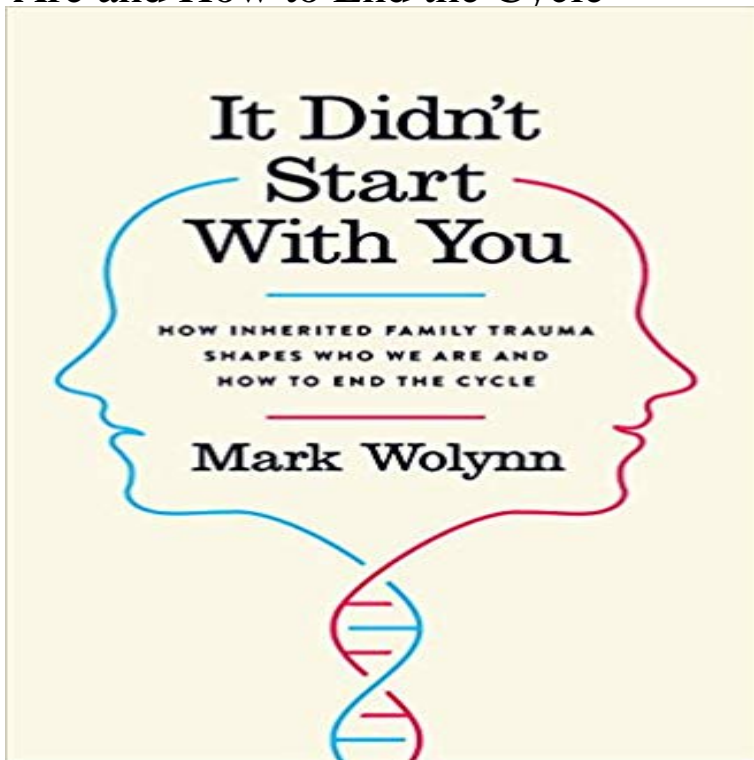


It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle



A groundbreaking approach to transforming traumatic legacies passed down in families over generations, by an acclaimed expert in the field. Depression. Anxiety. Chronic Pain. Phobias. Obsessive thoughts. The evidence is compelling: the roots of these difficulties may not reside in our immediate life experience or in chemical imbalances in our brains but in the lives of our parents, grandparents, and even great-grandparents. The latest scientific research, now making headlines, supports what many have long intuited: that traumatic experience can be passed down through generations. *It Didn't Start with You* builds on the work of leading experts in post-traumatic stress, including Mount Sinai School of Medicine neuroscientist Rachel Yehuda and psychiatrist Bessel van der Kolk, author of *The Body Keeps the Score*. Even if the person who suffered the original trauma has died, or the story has been forgotten or silenced, memory and feelings can live on. These emotional legacies are often hidden, encoded in everything from gene expression to everyday language, and they play a far greater role in our emotional and physical health than has ever before been understood. As a pioneer in the field of inherited family trauma, Mark Wolynn has worked with individuals and groups on a therapeutic level for over twenty years. *It Didn't Start with You* offers a pragmatic and prescriptive guide to his method, the Core Language Approach. Diagnostic self-inventories provide a way to uncover the fears and anxieties conveyed through everyday words, behaviors, and physical symptoms. Techniques for developing a genogram or extended family tree create a map of experiences going back through the generations. And visualization, active imagination, and direct dialogue create pathways to reconnection, integration, and reclaiming life and health. *It Didn't Start With You* is a transformative approach to

resolving longstanding difficulties that in many cases, traditional therapy, drugs, or other interventions have not had the capacity to touch.

- 43 min - Uploaded by Suzannah Scully In this episode, we discuss: *How we inherited family trauma shapes who we are *3 Steps Audiobook Download PDF It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle Pre Order Full IT DIDNT START WITH YOU How Inherited Family Trauma Shapes Who We Are and How to End the Cycle. Winner of the 2016 Nautilus Book Award in - 48 min - Uploaded by Greg Archer It Didn't Start With You: How Inherited Family Trauma Shapes Who We Family Trauma Booktopia has It Didn't Start With You, How Inherited Family Trauma Shapes Who We are and How to End the Cycle by Mark Wolynn. Buy a discounted Buy It Didn't Start With You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle Reprint by Mark Wolynn (ISBN: 9781101980385) from The Paperback of the It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle by Mark Wolynn at - 13 min - Uploaded by cyacyl He is the author of the book, It Didn't Start with You: How Inherited Family Trauma Shapes Who It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle [Mark Wolynn] on . *FREE* shipping on It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle Mark Wolynn ISBN: 9781101980361 Kostenloser - 32 min - Uploaded by scienceandnonduality <https://> Unconsciously, we relive Sharing insights and case