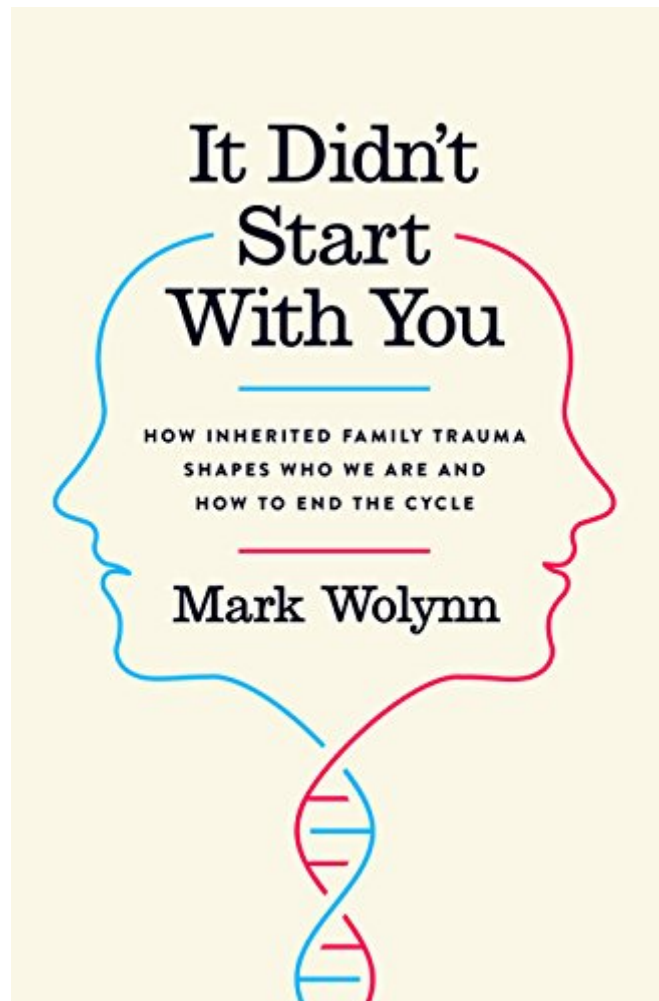


The book was found

It Didn't Start With You: How Inherited Family Trauma Shapes Who We Are And How To End The Cycle



Synopsis

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. From the Hardcover edition.

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Customer Reviews

This book is an important one that I'm glad that the author took the time and effort to write. However, since it falls under the "self help" genre, I feel its also important to make some distinctions about the audience this book best serves. Like another reviewer who wrote "avoid if you've overcome a toxic family", I think this book does not serve them well or anyone who was abused or severely neglected by primary caregivers, at least not initially in their healing process (and maybe not at all). I think a point not emphasized enough in the book is that the author himself spent 2 years on a spiritual journey BEFORE coming to the realization that emotional disconnectedness with his family was at the root of his own health problems (in other words, he did a lot of self-healing before attempting to connect with his parents). It makes perfect sense for him that re-establishing the emotional connection with his parents would be the logical solution to his own healing. Assuming his story is accurate about how his family was merely emotionally disconnected due to a mother stuck in grief and a father who suffered from low self esteem and there was not much in the way of emotional, verbal or physical abuse, this a perfect and beautiful situation in which re-establishment of emotional connection is the answer. However, in the case of abused and traumatized children by their caregivers, this is generally NOT the answer, and especially NOT the first step in the healing process. Abused and traumatized children have serious boundary issues, self-worth issues, difficulty forming healthy relationships, etc., that need to be dealt with first and foremost before attempting to restore relations with very unhealthy and toxic people who perpetrated the abuse.

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