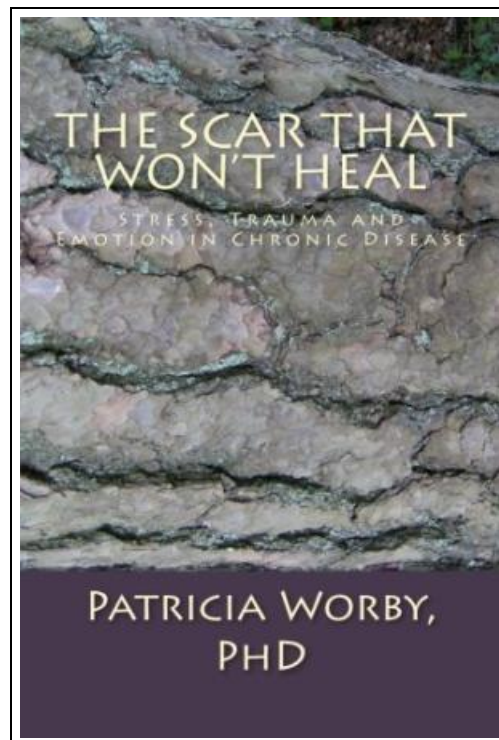


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THE SCAR THAT WON T HEAL: TRAUMA AND UNRESOLVED EMOTION IN CHRONIC DISEASE (PAPERBACK)



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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. We live in a world where the numbers of people suffering anxiety, digestive issues, auto-immune conditions and various unexplained chronic diseases are increasing year on year to the point where they are threatening the health systems of many developed countries. This groundbreaking book, written by a clinician and researcher, demystifies the many and varied symptoms of stress, trauma and unresolved emotion in the mind and body. Based on 25 years of practice as a therapist and scientific researcher, it describes the latest research on the stress response and how it interacts with a sensitised brain. With a paleolithic brain trapped in a 21st century body, we can see how our evolutionary survival strategies of implicit memory in the emotional brain have become maladapted to a life full of chronic stress. Emotional trauma from early life experience activates this ancient system to be hyper-aroused to the world around it. Anything that then triggers the same emotion in later life then fills us with anxiety and/ or chronic pain which defies a purely physical explanation. My belief, born out of study of the scientific literature and my own experience, is that the problems are not just physical they are emotional too. In particular, by an appreciation of how any experience, if it occurs during a state of helplessness, can be considered emotional trauma, we begin to appreciate how many and varied such experiences are. They include bereavement, difficult birth, accidents, surgery, poor parental attachment, bullying and abuse. The fact that they are common means that very few people escape a childhood without some of these experiences but it is the interaction with particular sensitive personality styles that determines whether traumatic memory formation becomes...



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