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Let Your Tears Flow: Transforming the Transgenerational Trauma of Your Family Tree: Exploring Systemic Healing, Inherited Emotional Genealogy, Entanglements, Epigenetics and Body Focused Systemic Constellations (Paperback)

By Patricia Kathleen Robertson

BookBaby, 2017. Paperback. Condition: New. Language: English . Brand New Book. Let Your Tears Flow provides hope for anyone frustrated with a lack of answers for their symptoms, conditions and repetitive life challenges. Do you experience unexplainable fears; feelings of grief, anger or shame; addictions; relationship challenges; anxiety or depression; burnout or chronic health conditions? These are some of the ways that descendants carry transgenerational trauma for their ancestors. This book reflects upon how to recognize the transgenerational trauma you might be carrying for your parents, grandparents and ancestors, and provides body focused ways to address it. If you repeatedly explore different medical treatments, therapies or alternative healing techniques, yet remain stuck in life in some way; there is a strong likelihood that you are entangled with someone or something in your family system that is emotionally unresolved. My family system had plenty of transgenerational trauma to address and yours might too. War, immigration, displacement, family tragedy, birth trauma, adoption, exclusion or religious persecution are some of the transgenerational trauma experiences that transmit from generation to generation. Silence is a profound carrier of transgenerational trauma in many family systems. If you know very little about your ancestors, then the transgenerational...



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