Childhood Disrupted How Your Biography Becomes Your Biology And How You Can Heal

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CHILDHOOD DISRUPTED: HOW YOUR BIOGRAPHY BECOMES YOUR BIOLOGY, AND HOW YOU CAN HEAL is the first book to show the link between Adverse Childhood Experiences (ACEs) and adult illnesses such as autoimmune disease, heart disease, cancer and depression.

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A groundbreaking book showing the link between Adverse Childhood Experiences (ACEs) and adult illnesses such as heart disease, autoimmune disease, and cancer "Childhood Disrupted" also explains how to cope with these emotional traumas and even heal from them. Your biography becomes your biology.