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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



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Summary of It Didn't Start With You by Mark Wolynn  
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relieve our mother's anxiety.  
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material on The Core Language Approach and how to map out family patterns to achieve greater insight into our lives.

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