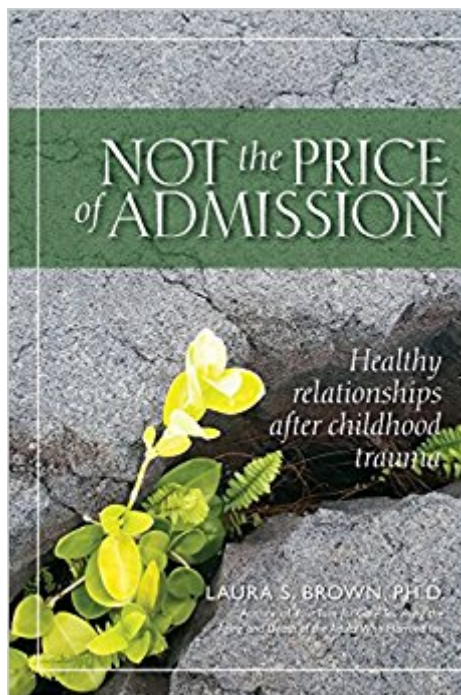




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Not The Price Of Admission: Healthy Relationships After Childhood Trauma



Synopsis

Have you struggled to have the happy, emotionally nourishing relationships that you deserve? If you are a survivor of childhood trauma, neglect, or abuse, you've spent your life feeling as if happiness in love and friendship is for other people, not you. To have connections with others you've paid a price of admission to relationships, sacrificing your values, your safety, your sense of personal worth, and sometimes your financial security. You've felt unworthy of love. You believed, because of how you were treated when you were a child, that you had to pay these prices simply to have people be around you. You've been used and exploited by people who said they loved and cared about you. You've read every relationship self-help book on the market, but none of them seem to understand the ways in which your childhood trauma has affected your ability to be close to others. If this is your life, this book is for you. Drawing upon the author's four decades of working with survivors of childhood trauma, abuse, and neglect, this book teaches you to understand the emotional and neurobiological causes of your difficult relationship patterns. It describes effective strategies for learning how to trust yourself, how to assess other people more accurately, and how to take care of yourself emotionally so that you can have the healthy relationships that you deserve.

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Customer Reviews

Laura S. Brown received a Ph.D. in clinical psychology in 1977 from Southern Illinois University at Carbondale, and has been a practicing clinical and forensic psychologist in Seattle since 1979. She specializes in treating survivors of childhood trauma and training other therapists. She is a Diplomate of the American Board of Professional Psychology (ABPP). Her career has included the publication of 12 books for professionals, 150 professional articles and book chapters, and six training videotapes, including two specifically devoted to the treatment of survivors of childhood

trauma. Dr. Brown has received many awards from her colleagues, including the American Psychological Association's Award for Distinguished Professional Contributions to Public Service, the Sarah Haley Award for Clinical Excellence from the International Society for Traumatic Stress Studies, the Distinguished Award for Lifetime Achievement in Trauma Psychology from the APA Division of Trauma Psychology, and the Elizabeth Hurlock Beckmann Award for being an inspirational educator. She has served on the faculty of three universities, and leads workshops around the world on trauma treatment and feminist therapy. In 2000, she was the on-site psychologist for the reality TV show Survivor in Australia. Laura first wrote for the general public when she published *Your Turn for Care: Surviving the Aging and Death of the Adults Who Harmed You* in 2013. She lives in Seattle with her spouse. Since 2003, she has been a student of the martial art aikido, in which she was training for the rank of black belt at the time she finished this book. You can read more about her at www.drlaurabrown.com.

After realizing and coming to grips with the fact that I am definitely a victim of childhood trauma, I searched for some things that could help me. I don't know really how I came across this book but I did. I'd like to think it was Divine intervention as I had prayed for help. I want to say thank you, Dr. Brown. Thank you for letting me know that it was not my fault and that nothing is wrong with me. I am so glad that the young man returned your jump drive to you after it was stolen so that you could give this gift to so many hurting people, majority unaware. I am so glad that someone could actually describe the muted pain and complex processes I have gone through my 30 years of life. I am an African American young woman that comes from a place of "don't ask, don't tell" and "you're too blessed to be stressed" and "snap out of it" and "tears are for the weak". I applaud you and I thank you from the bottom of my heart. And although at this point I can barely read more than 7 minutes of this book without putting it down and weeping, I know that this is apart of healing. Thank you.

Such an insightful look at how trauma affects our relationships. I recommend it to all of my clients.

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