

FOR IMMEDIATE RELEASE

**Are you tired of feeling weighed down by your past or your family history?
Are you looking for practical ways to heal and let go?**

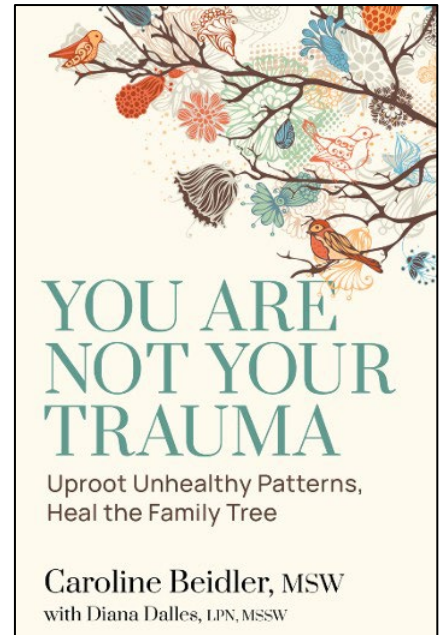
In *You Are Not Your Trauma: Uproot Unhealthy Patterns, Heal the Family Tree*, mental health and addiction recovery expert Caroline Beidler, MSW, helps you identify unhealthy patterns that keep you stuck and live more freely without your trauma—or your family’s trauma—holding you back.

Through personal stories, accessible research, and practical steps, Beidler provides a framework for healing. To promote trauma recovery, well-being, and wholeness, she’ll lead you through five powerful rhythms about:

- honoring your story,
- having radical compassion,
- finding ways to create everyday courage,
- getting honest with yourself,
- and living open-handed.

Enriched with soulful interludes from Beidler’s mother, Diana Dalles, this book explores how trauma roots itself in our family tree and how we can overcome its grip no matter what we’ve been through.

You Are Not Your Trauma empowers you to truly write a new story, embracing a life where you are free from the weight of the past.



You Are Not Your Trauma: Uproot Unhealthy Patterns and Heal the Family Tree

\$18.95 | PAPERBACK | 5.5 x 8.5
9781957687537

PUB DATE: September 24, 2024

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- Recent epidemics of substance use, opioid and fentanyl overdose, sexual violence, and gender-based violence make for widespread trauma. But do we realize how our trauma has intergenerational origins?
 - While science (like epigenetics) points to the impact of trauma even at a cellular level, there are evidence-based, practical ways to break the cycle of intergenerational trauma, build resilience, and promote healing.
 - Women are especially at risk for developing PTSD after trauma and experiencing the effects of unhealthy patterns passed down for generations. This book highlights a mother and daughter writing candidly about trauma and the ultimate hope that they have found to guide others along a healing journey.
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Caroline Beidler, MSW is a recovery advocate and founder of the recovery storytelling platform Circle of Chairs. She has twenty years in leadership within social work and ministry, is a correspondent with Recovery Today Magazine, and the founder and host of the annual International Women’s Day Global Recovery Event. She is also the author of *Downstairs Church: Finding Hope in the Grit of Addiction and Trauma Recovery*. She lives in eastern Tennessee.



Diana Dalles, LPN, MSSW has been a professional social worker in hospice, medical social work, and gerontology. She has facilitated grief, trauma, and women’s empowerment groups. Diana lives in Wisconsin.

FOR ENDORSER LIST, EXCERPT, AND VIDEO INTERVIEW WITH THE AUTHOR, VISIT

www.lakedrivebooks.com/books/you-are-not-your-trauma/

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