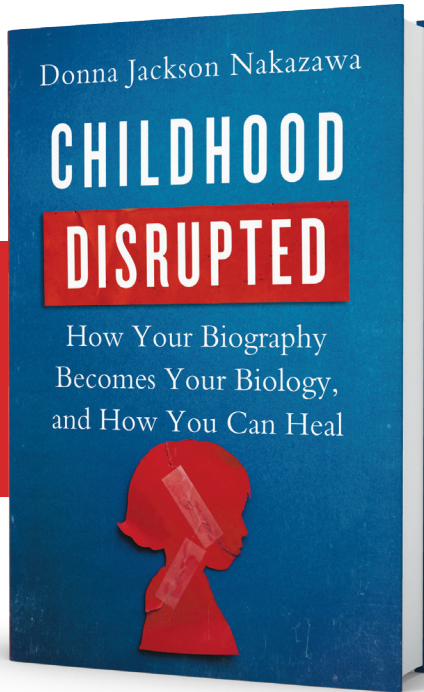


THE GREATEST STUDY NEVER TOLD



“Long overdue, *Childhood Disrupted* is a courageous, compassionate, and rigorous every-persons guide through the common roots and enduring impact of childhood trauma in each of our lives.”

—Christina Bethell, PhD, MBA, MPH
Professor, Bloomberg School of Public Health

Your biography becomes your biology. The emotional trauma we suffer as children not only shapes our emotional lives as adults, it also affects our physical health, longevity, and overall well-being. *Childhood Disrupted* shows the link between Adverse Childhood Experiences (ACEs) and adult illnesses, such as heart disease, autoimmune disease, and cancer, and how to cope with these emotional traumas and even heal from them. Parents' chronic fights, divorce, death in the family, being bullied or hazed, and growing up with a hypercritical, alcoholic, or mentally ill parent can leave permanent, physical "fingerprints" on our brains. Nakazawa shares stories from people who have recognized and overcome their adverse experiences, shows why some children are more immune to stress than others, and explains why women are at particular risk. Groundbreaking in its research, inspiring in its clarity, *Childhood Disrupted* explains how you can reset your biology—and help your loved ones find ways to heal.

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