

Peter A Levine:

Anngwyn St Just is one of the truly original and innovative thinkers in the field of traumatology and human relationships. In this third book, Anngwyn brings together an application of systemic theories with the issues that are brought up in the clinic and in society. She has taken a bold step that goes beyond the simplistic dualistic thinking so prevalent in the behavioral sciences, therapy models, and in our culture generally. The reader is led in the exploration of iterative patterns of overwhelming experience and dysfunction as well as our vital connection with the soul's journey. She challenges our black-and-white thinking: real pattern or "conspiracy theory." Anngwyn courageously takes on this question. With daring clarity and wit, she demonstrates how trauma becomes imbedded within the very fabric of time and space. Indeed, she argues effectively, that our psychodynamic therapies are incomplete without an appreciation of this profound undercurrent that recognizes the fractal pattern of behaviors, emotions and relationships-- and how traumatic experience plays out, in our lives, from generation to generation.

Peter A Levine, PhD, bestselling author of *In an Unspoken Voice, How the Body Releases Trauma and Restores Goodness* and *Waking the Tiger, Healing Trauma*.