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The "It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle" is an informative book that describes how problems shift from generations to generation. Mark Wolynn is the author of this best-selling book. Mark is the director of The Family Constellation Institute in San Francisco.

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Didn't Start With You is an accessible and pragmatic guide to breaking inherited family patterns. Mark can be contacted via his website: www.markwolynn.com

It Didn't Start With You: How Inherited Family Trauma ...

"It Didn't Start with You" takes us a big step forward, advancing the fields of trauma therapy, mindfulness applications, and human understanding. It is a bold, creative, and compassionate work. Sharon Salzberg, author of "Lovingkindness" and "Real Happiness"

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