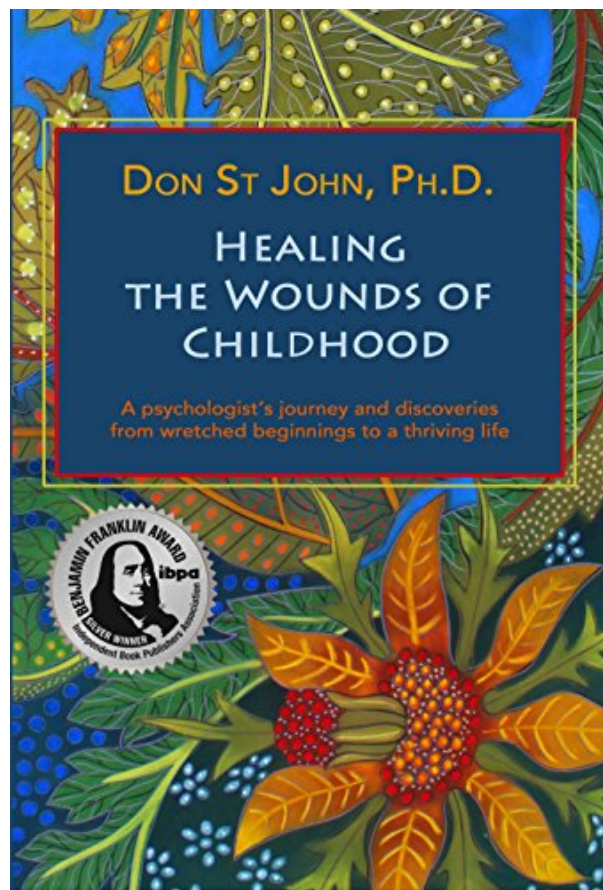
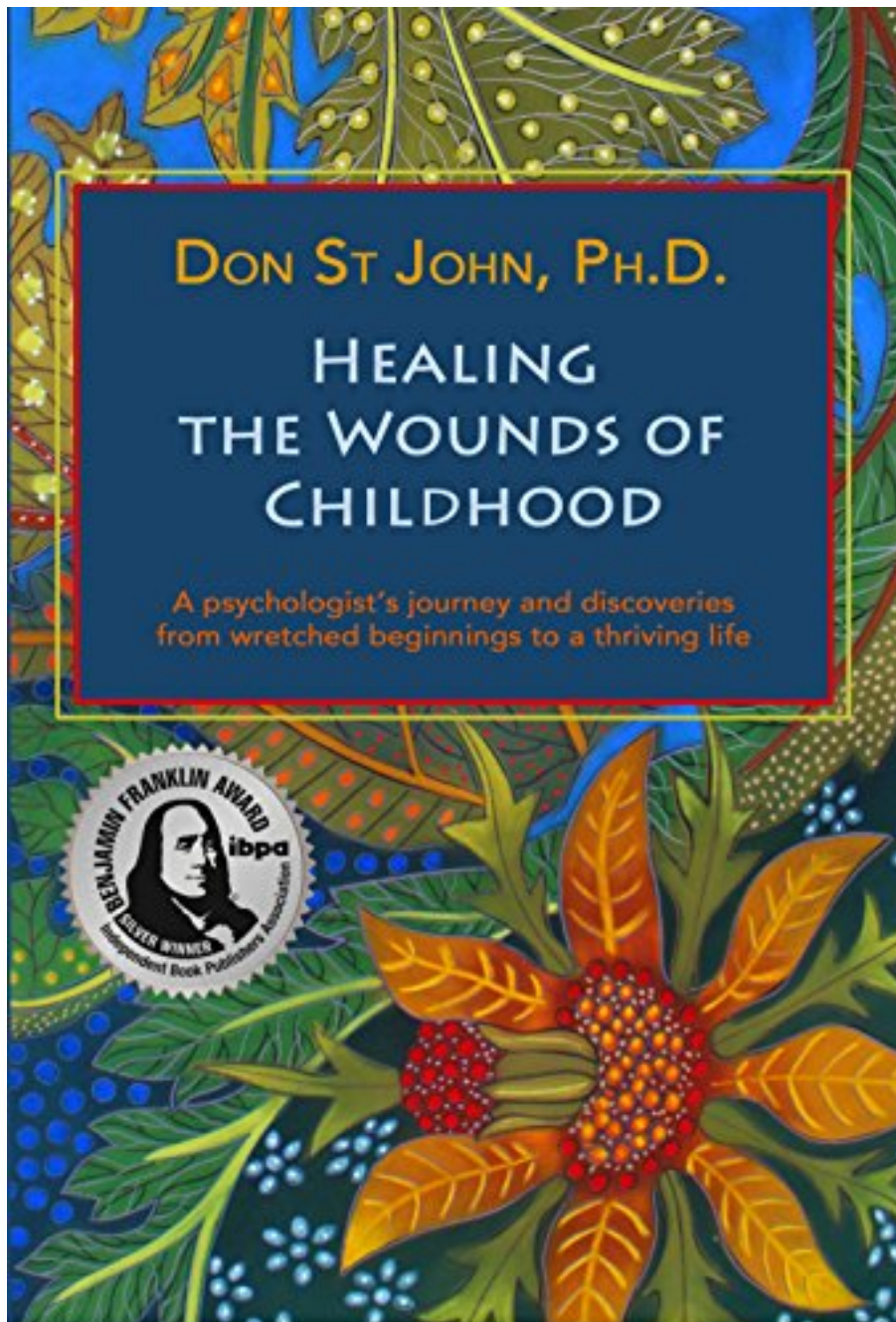


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In his book, *Healing the Wounds of Childhood*, author and psychologist, Dr. Don St. John chronicles his life through the lens of the psychotherapist. His fearlessly yet illustrative depiction of his trauma is commendable, as is his journey to a thriving life. In many ways, Dr. St. John's courage is a demonstration of the cathartic nature of writing a narrative that extends to the reader. In addition, Dr. St. John has an uncanny ability to give you the perspective of a child through their lens and then through the perspective of the adult. His terminology is user-friendly, while elaborating on several theories of human behavior. This girl loves a happy ending and this book delivers, which is perhaps one of the most miraculous parts. It is not only about his own journey, but it is also about the journey and discovery of healing. This book is incredibly well-written and engaging. It might even be beneficial to use in a course or presentation to demonstrate the theoretical terms that are often difficult to exemplify to psychology students. Story Monsters Ink, April, 2016, Reviewer: Shirin Zarqa-Lederman, MA, MS, LCADC, BCPC, LPC

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In this book, I share my personal story with you and my discoveries about what our bodies, our “selves,” and our relationships need in order to heal from the wounds of life, especially those we sustain in childhood. I wouldn't wish my beginnings on anyone. There was only one possible way for me to survive the brutality I endured and that was to shut myself down. Essentially, I was incapable of feeling. I was numb. Yes, my story is extreme, but it required me to leave no stone unturned to discover how to restore my humanity. I wanted to be able to really enjoy a long-term intimate sexual relationship with one person, to be able to tune into another's emotional experience and empathize, to feel good and free in my body and spirit, to stand before groups and speak without fear, to age with vitality and grace, to look forward to adventures. I acquired all of these abilities during adulthood. As a young man embarking upon adulthood, I would have received an F in those subjects.

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Most helpful customer reviews

2 of 2 people found the following review helpful.

Somatic Therapies, the Key to Healing Childhood Wounds

By Julene T. Weaver

Healing the Wounds of Childhood is an excellent introduction to somatic therapies and their history intertwined with psychotherapy. Don St. John, a PhD level psychologist, has a rich background and uses his own history to show how integrating the body into therapy is a key component necessary to change. I appreciated his explanations of stress, how our birth affects us, and how trauma, not just the big T or PTSD, is derived from many experiences including our primary birth experience and our time in the womb. Like him I started out with traditional therapy, like him I began to explore body work and found that this work through the body accentuated my growth, like him I came to a similar conclusion, "I could have stayed in talk therapy forever and would not have explored the depths I have managed to reach once I included the somatic therapies in my healing regimen. As important and valuable as good psychotherapy is, it is not enough." He has an excellent chapter that defines sensory motor amnesia (SMA) and how it equals the chronic tension so many experience. I strongly recommend this book to therapists and the average person on a healing journey.

2 of 2 people found the following review helpful.

Superb Book of Self Discovery

By Grace

The wisdom in this book came to me at a pivotal time in my life. Thank you! Once again I'm amazed at the human spirit--how we collectively and individually evolve despite childhood scripts. I was reminded yet again how important it is to pay attention to our emotional tones and how to participate with them at a cellular level through bodywork. I was also thrilled reading about Emilie Conrad's work in Continuum. I too

was personally effected by her teachings of the fluid system and have not found anything as profound as the breath, sound and movement Emilie embodied.

Don St John's commitment to life a joyous life has inspired me to keep on keeping on. His book is a reminder of our "birthright" to live a healthy, integrated, shame free life. I have deep appreciation for the author and I recommend this book for all those eager to find insights, tools and inspiration for a meaningful life. Bravo!

1 of 1 people found the following review helpful.

Don St John has done an excellent job of interweaving his life story with disciplines and ...

By Monica Faux-Kota

Dr. Don St John has done an excellent job of interweaving his life story with disciplines and practices that he has found to be beneficial for living a thriving life. I appreciate his professional combination of psychology, science, physiology, somatics, abundant love, and spirituality. Along with his personal story.

Your childhood could be considered 'normal' and you will still benefit from his belief that we need a "new model" of what it means to be healthy. A holistic model that includes our body fluids, cells, and tissues just as much as our mind, heart, guts, physical & emotional body, and spirituality.

And if you are a mother or father you will gain a deeper understanding of the importance of your role. As a mother, and after reading Don's book, I am even more convinced of what I have intuitively known my whole life.

In order for children to effortlessly remain in their wholeness, their essence, and thrive as individuals, their mother and father must unbind their wholeness, heal, grow, and thrive while they are living. And it is never too late to start this journey.

Our children are made from our cells and body fluids, and while they represent our pure hearts and souls, they are also deeply affected by our personal story of childhood wounds and trauma, our ancestral baggage, and our current ways of functioning.

They inherit our inhibitions, to some extent, on an energetic and biological level upon conception. Through our growth we liberate them. Such a noble aspiration: to liberate our children via our personal growth.

And Dr. Don St John offers valuable exercises for obtaining this growth in his book.

Three words to summarize this book: hope, liberation, transformation

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