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Childhood Disrupted presents an overarching theory that adult emotional and physical health is predominantly created by childhood trauma. It proposes that trauma erroneously wires the childhood brain, and brain inflammation from highly stressful events can result in a variety of mental conditions including depression, anxiety disorders, obsessive compulsive disorder, failed relationships, poor parenting and low self-esteem.

Last week, as Donna was preparing for launch party for Childhood Disrupted at her local bookstore, The Ivy Bookshop in Baltimore (7 pm ET, Tuesday, July 7), she and I talked about how she came to this day.

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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.

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"Childhood Disrupted is a book of major significance that describes clearly and understandably what has been learned in recent years about the important subject of human development and how what happens in childhood affects our well-being, biomedical health, and life expectancy as adults.

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Childhood Disrupted goes into great detail about how the consequences of the toxic stress caused by that trauma damages kids' developing brains, as well as our bodies and genes. The good

news is that the resilience research shows just our plastic our brains are, and how much our bodies can heal, given the chance.

CHILDHOOD DISRUPTED: HOW YOUR BIOGRAPHY BECOMES YOUR BIOLOGY, AND HOW YOU CAN HEAL is the first book to show the link between Adverse Childhood Experiences (ACEs) and adult illnesses such as autoimmune disease, heart disease, cancer and depression.

A groundbreaking book showing the link between Adverse Childhood Experiences (ACEs) and adult illnesses such as heart disease, autoimmune disease, and cancer "Childhood Disrupted" also explains how to cope with these emotional traumas and even heal from them. Your biography becomes your biology.

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