

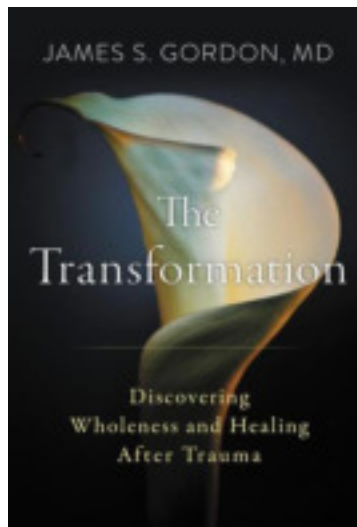
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Mass Shootings, Violent Hate Crimes, Extreme Political Division, Natural Disasters and War-Related Trauma for Survivors and Observers

-- World-Renowned Authority Offers First Evidence-Based Program to Reverse the Psychological, Biological and Spiritual Damage Caused by Trauma and Provides Hope and Healing in Our Darkest Hours --

THE TRANSFORMATION Discovering Wholeness and Healing After Trauma By James S. Gordon, MD



We all experience trauma. It comes early if we've been abused or neglected as children or arrive in the world facing the challenges of poverty and discrimination. It may come later as we deal with the pain of broken relationships, overwhelming job stress, sexual harassment, the dangers of combat, or a life-threatening or serious illness. If we live long enough, we will contend with the loss of loved ones, physical frailty, and our own impending death. Trauma is not apart from life, it is an integral part of it.

James S. Gordon, MD has over the span of his career developed and implemented a program for moving through and beyond these ordinary but daunting life traumas. Over the last 30 years he has focused on developing comprehensive trauma healing programs for survivors of wars and state-sponsored torture, mass shootings, and climate-related disasters. He has also worked extensively with violent extremists of many political and religious persuasions.

In **THE TRANSFORMATION: Discovering Wholeness and Healing After Trauma** (HarperOne; Hardcover; September 10, 2019) Dr. Gordon, a world-recognized authority on depression and anxiety, as well as post-traumatic stress, and an acclaimed mind-body medicine pioneer, offers the first comprehensive, evidence-based program for reversing the biological and psychological damage that trauma does, and for learning from and growing through its challenges to become who we're meant to be.

Dr. Gordon is the founder and executive director of The Center for Mind-Body Medicine (CMBM) in Washington, D.C., where he has created and implemented what may well be the world's largest and most effective program for healing population-wide trauma. He and his 130 international faculty have brought this program to populations as diverse as refugees from wars in the Balkans, the Middle East, and Africa; New York City firefighters and U. S. military personnel and veterans and their families; student/ parent/teacher school shooting survivors; and Native American children and their families—as well as stressed out professionals, stay-at-home mothers, inner-city children, White House officials, health professionals and medical students, and people struggling with emotional and physical illnesses.

In study after study, the program described in *The Transformation* has produced remarkable, life-changing results. One published study of child survivors of war in Kosovo was the first randomized controlled trial of any intervention with war-traumatized children. It demonstrated that **more than 80%** of the kids with post-traumatic stress disorder (PTSD) who participated in an 11-week-long group where they learned the skills taught in *The Transformation* ended the group without the symptoms of PTSD.

Compassionate, practical and prescriptive, *The Transformation* offers a revolutionary healing program for mind and body and the opportunity to rewrite the story of our lives.

About the Author:

James S. Gordon, MD is a Harvard-educated psychiatrist, former researcher at the National Institute of Mental Health and, Chair of the White House Commission on Complementary and Alternative Medicine Policy, and a clinical professor of Psychiatry and Family Medicine at Georgetown Medical School. He has authored or edited ten previous books, including “Unstuck: Your Guide to the Seven-stage Journey Out of Depression”. He has written for a range of publications including *The New York Times*, *The Washington Post*, *The Atlantic*, and *The Guardian* as well as a number of professional journals. He has served as an expert for such outlets as 60 Minutes, Today, Good Morning America, CBS Sunday Morning, Nightline, CNN, MSNBC, NPR and many others. More at <https://cmbm.org/>

Archbishop Emeritus and Nobel Peace Laureate Desmond Tutu has said of Dr. Gordon: “You are really amazing and we give great thanks to God for the remarkable work you are doing in so many places where God’s children are hurting.”

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