



# Transforming Childhood Trauma: 8 Steps to Reclaim Your Life

*David Brady*

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## **Transforming Childhood Trauma: 8 Steps to Reclaim Your Life** David Brady

Survival: Transforming Childhood Trauma is a frank and authentic journey back into the early life of David Brady. David is an award-winning author, professor and filmmaker whose life was almost cut short at the age of 12 when his father, a civic politician, devout Roman Catholic and member of the Million Dollar Round Table, in a drunken rage, attempted to murder David and his mother.

Using 8 Simple Steps, David shares the journey that started at the age of 22, when he stopped drinking and attended college, university and then graduate school in an effort to understand why he had crashed and burned so young and why he continually struggled with overachieving and why the success he thought would make him feel happy left him feeling even more alone, confused and in constant conflict in his personal relationships.

His life today is vastly different and free of fear, resentment and the book will tell you how to achieve peace of mind, and true purpose in your life.

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