



## Wellspring of Compassion (Paperback)

By Sonia Connolly

Sundown Healing Arts, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Wellspring of Compassion by Sonia Connolly offers validation, support, and healing tools for sensitive people healing from childhood abuse and other trauma. Warm, inclusive language and practical exercises help survivors with the following topics: Find Support, Celebrate Survival Tools, Connect with Your Self, Recognize Abuse, Understand Post-Traumatic Stress Disorder (PTSD), Heal Your Boundaries, and Learn to Thrive. A glossary explains unfamiliar terms. The latest research on PTSD from Dr. John Briere and Dr. Bessel van der Kolk is discussed in clear, easy-to-understand language with tips on how to reframe symptoms and heal the nervous system. With this guide, uncover your wellspring of compassion, understand your reactions to trauma, rebuild self-trust, and respond to your inner voices with kindness. Reconnect with your body and respect your internal NO and YES. Nourished by compassion, grow into a shape defined by your history and desires, like a tree becoming more intricately itself every year. Sonia Connolly, LMT helps sensitive trauma survivors regain self-trust and peace through intuitive, compassionate bodywork in Portland, Oregon. Her writing about trauma is inspired by twelve years of client...



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