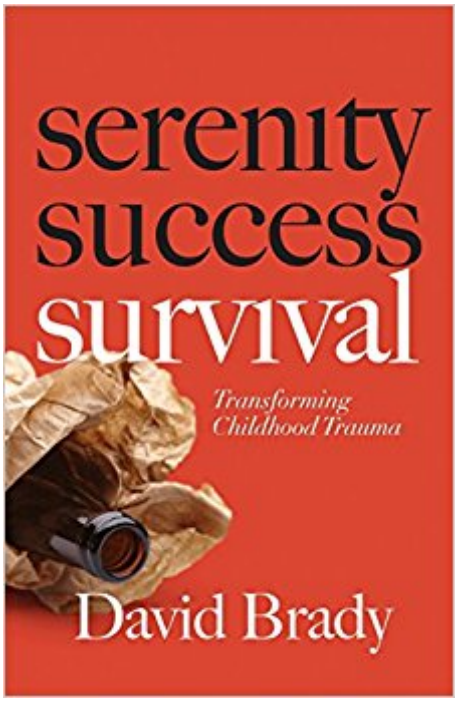
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Transforming Childhood Trauma: 8 Steps To Reclaim Your Life



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Synopsis

Survival: Transforming Childhood Trauma is a frank and authentic journey back into the early life of David Brady. Ã Â 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. Ã Â 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.Ã Â 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.Ã Â

Book Information

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Customer Reviews

Award-winning film and television producer David BradyÃ¢â ¬â„¢s work is best known in Canada and the U.S., but he is no stranger to European audiences. He was also an award-winning professor at Ryerson University in Toronto as well as on the faculty of York University in Toronto, and was recently on the Faculty of Motion Picture Arts at Capilano University in North Vancouver British Columbia. David holds an MFA from York University in Toronto. He is also an award-winning author of inspirational Non-Fiction Books. In his new dramatic and compelling three books Ã¢â ¬â œ A Life Trilogy, beginning with Surviving: Transforming Childhood Trauma; Success:

Reflections on Money, Sex & Power, and ending with Serenity: Aging With Dignity, Living with Grace, David chronicles his life-altering experiences from his violent childhood, through international success to his current and fascinating life in his 60s. Because of his incredible and diverse life experiences, Brady got thinking, how many other people, especially those who are blindsided by some event that they didnÃ¢â ¬â„¢t see coming find solutions to the myriad of challenges we all must face at different stages of our lives. Ã Â Ã Â As he looked around, he realized that there is no how-to manual out there to handle these major dilemmas or transition from young adult starting out to Ã¢â ¬Å“baby boomersÃ¢â ¬Â• who must transform from a busy, active career or professional life to supposed retirement or the Ã¢â ¬Å“golden years.Ã¢â ¬Â• And there is absolutely no manual on how to handle the inevitable crises that are sure to arise over time. Ã Â David said, Ã¢â ¬Å“I donÃ¢â ¬â„¢t know about you, but no one has ever told me, here is how we cope with events like an unexpected financial reversal, major illness or life altering injury, the loss of a partner through death, the end of marriage, or our eventual death?Ã¢â ¬Â•
Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â Most importantly, how do we find a way to cope, stay happy, productive and find a purpose when we are facing either emotional or financial issues during the various stages of our lives?

David Brady has written a startlingly candid account of his traumatic childhood, his tumultuous life and career, and subsequent redemption.Brady is a successful feature film and television writer, as well as a producer and director. He has garnered many awards and accolades over the years, and has also taught at three Canadian Universities. He talks about what he thinks must have been the lowest point in his life - when he owed millions of dollars to creditors, and hundreds of lawsuits were filed against him when promised funding for a film didn’t materialize. He found a way to reconcile with his creditors, and is still paying off some debts to this day, but he has regained his integrity and good reputation.The book feels like a casual chat, and you feel as if Brady is across the table speaking directly to you. I couldn’t put the book down. From frightening episodes with his alcoholic father, his feelings of insecurity, his own alcohol and substance abuse problems, to interesting insights into the early music scene in Toronto and L.A., and depictions of the Sunset Strip in the late 1960’s - I found this to be an enlightening book.The book will be an interesting read even if you have not experienced childhood trauma, as it is also a guide for living a spiritually fulfilled life. He has outlined eight steps: I Surrender, I Believe, I Am Ready to be Changed, I Decide to be Changed, I Forgive, I Ask, I Give Thanks, I Dedicate My Life. These are his rules and philosophies which have come from training, counselling and courses he has taken. They are good universal

truths and helpful points. He also mentions the importance of visualizing your goals, and the idea that there is a "Cosmic Consciousness" which we can tap into. Brady found his way, but the larger message is to find your own philosophy, your own way to happiness, stability and balance.

David Brady describes his extremely traumatic childhood, and later his tumultuous career, in clear and eloquent terms. There is no self-pity here.His description of how he not only survived, but overcame seemingly unbearable abuse in his early years, is truly inspirational. The fact that he went on to achieve great success, and rescued his life from almost insurmountable setbacks, is a testament to his admission of his sense of powerlessness, and his faith that a power greater than himself could restore him to sanity.It has been said that pain is the touchstone of spiritual progress. Anyone who has suffered the whips and scorns of childhood abuse, or has struggled with the demons of substance abuse and crushing defeat, should read this book. I could relate to David's unflinching account of his experience, and I found it helpful on many levels in dealing with my own problems.

After reading all three books of DBs trilogy series (Serenity, Success, Power) I have been able to put into perspective my own childhood with its quagmire of emotional baggage carried into my adult life. In fact, David Brady has clearly articulated the solution to childhood trauma and how best to deal with it in the here and now; how to approach the issues of sex, power and money; and to cultivate the right spiritual mindset in the second half of our lives. Whether you are dealing with personal crisis or trying to navigate in the world at large, David's books are well worth reading.

An amazing book and an amazing life journey to date. Tip my hat off to the author for such a brave reveal to his life. Phew, to think my life has been so complicated and challenging. Not. :) The book is written in such a personal way, it truly felt like a fireside chit chat with David. Thank you

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