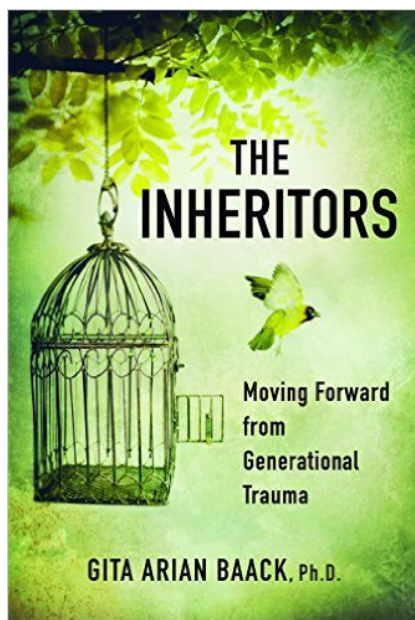




Contact: Gita Arian Baack, Ph.D. Ottawa, Ontario; C: 613-725-4580 L:613-271-1293

***The Inheritors: Moving Forward from Generational Trauma* by Gita Arian Baack, PhD**



Published by She Writes Press

Publication Date: June 13 2017

ISBN-13: 978-1631522222

Paperback, 234 pages, 6 x 9

\$25.09 Canada, \$18.95 U.S

BISAC

SEL000000

SELF-HELP / General

PSY028000

PSYCHOLOGY / Psychotherapy
/ General

SOC000000

SOCIAL SCIENCE / General

PUBLICITY HIGHLIGHTS

- Author website, FB page for
- Facebook page for Inheritors
- Book promotion tour in Canada and Los Angeles to start
- Digital marketing campaign
- Workshops and retreats to help Inheritors write their stories
- ARCs are available
- Publicity outreach to mainstream media in Canada and the U.S. as well as targeted media in Inheritor communities

Brings to light the effects of traumatic events on future generations through personal stories and dialogues that engage readers and help them uncover their own inherited stories and even their inherited memories.

DESCRIPTION

Our family legacies, both positive and negative, are passed down from one generation to the next in ways that are not fully understood. This secondary form of trauma, which Gita Baack calls "Inherited Trauma," has not received adequate attention—a failing that perpetuates cycles of pain, hatred, and violence. In *"The Inheritors"* readers are given the opportunity to reflect on the inherited burdens they carry, as well as the resilience that has given them the power to not only survive but thrive. Through engaging stories and unique concepts, readers will learn new ways to explore the unknowns in their legacies, reflect on questions that are posed at the end of each chapter, and begin to write their own story.

KEY SELLING POINTS

- Descendants of the Jewish Holocaust—the 600,000 of the 2nd Generation of Holocaust Survivors number 600,000 and the 130,000 of the 3rd Generation probably number about 130,000, as well as the greater Jewish worldwide population, which numbers 16 million, are a prime audience for this book
- The tens of millions of descendants of war world-wide will benefit from this book.
- Approx. 150,000 Aboriginal, Métis and Inuit people were forced to live in residential schools in Canada; this trauma affected the current population in Canada of 1,400,685 people.
- African Americans will identify with the *"Inheritor syndrome"* resulting from racism and victimization. In 2015, there were 46.3 million African Americans in the US.
- Families in European countries (Germany, Austria, The Netherlands, Italy, Poland, Rumania, Hungary, Lithuania etc.) whose parents were Nazis, collaborators or bystanders have been deeply affected by guilt and will find this book helpful.

AUDIENCE

- Victims of devastating events, their descendants, and those who want to help
- Social activists, teachers, schools, and organizations involved in eliminating intolerance and racism of all kinds

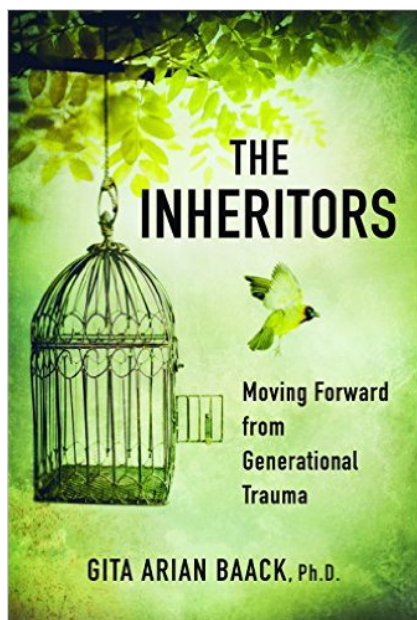
AUTHOR BIO

For over thirty years, Dr. Gita Baack has been consulting and coaching organizations, teams and individuals for breakthrough results. Her research on the effects of trauma inherited through generations has put her on a path to help *"Inheritors"* to reclaim their lives and build on their resilience. She has recently founded the Centre for Transformational Dialogue to help individuals and communities that have inherited devastating legacies or who have been victimized or marginalized. She is also the author of *Poems of Angst and Awe*.

Gita holds a Ph.D from Tilburg University, The Netherlands. She speaks to diverse audiences and lives and works in Ottawa, Canada and abroad.



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KEYWORDS

- Holocaust and Genocide
- Trans-Generational Trauma
- Memory
- Resilience
- Personal Narrative
- Psychology
- Self-help

COMPARATIVE TITLES

Black Earth: The Holocaust as History and Warning, Timothy Snyder, 978-1101903452, Tim Duggan Books, September 2015

It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle, Mark Wolynn, 978-1101980361, Viking, April 2016

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma, Bessel van der Kolk, MD, 978-0143127741, Penguin, September 2015

Trauma and Memory: Brain and Body in a Search for the Living Past: A Practical Guide for Understanding and Working with Traumatic Memory, Peter A. Levine, 978-1583949948, North Atlantic, October 2015

ADVANCE PRAISE

"In this intensely personal, poetic, and compassionate work, Gita Baack illuminates the reverberations in our personal lives of traumas inherited from preceding generations. She shares the wisdom, courage, insights, and routes to resilience harbored by inheritors – from children of the Holocaust and beyond. The work teams with resources for all those carrying heavy packs as they find their way to the future."

—Kenneth Gergen, PhD., President Taos Institute, Professor at Swarthmore College

"My generation—the *"Inheritors"*, as Dr. Baack calls us—is searching for answers to the large questions that were never discussed in our families. This book has helped me understand the generational impacts of my father's World War II military service. Dr. Baack's research and stories have given me a language that has helped to lift a burden from my shoulders."

—Moiria E. Grayson, Teacher and Transition Consultant for First Nations, Saskatchewan, Canada

"For me, this book is the mother lode. I stayed up all night reading and crying and identifying for the first time what I have experienced my whole life. This will help me complete my own puzzle."

—Jeanie Keyes, artist

"Dr. Baack has broken new ground in social science research."

—John Rijsman, Dean, Social Science, Tilburg University, The Netherlands