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HEALTH & WELLNESS



# MEN'S THERAPY PODCAST

**Men's Therapy Podcast**  
**Wednesday at 11 AM Pacific**  
**July 23rd 2021: I'm not my body, I'm not my brain**

After sustaining five decades of unresolved trauma the person Leslie thought she was collided with the person she was to become. At 54 years old she was diagnosed with a rare spinal disease and sustained a brain spine injury. She was told life was over as she had known it with no chance of recovery. Leslie was terrorized, sad, confused, depressed and alone, and worst of all, completely physically disabled. However, this breakdown led to a breakthrough. She began a profound, life-changing journey, which as hard as it was, had to be done, if only to prevent her passing on her trauma to her child

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## Featured Guest



### Leslie Trager

With over fifteen years of experience in Trauma Recovery Leslie is looking to bring her passion to the world - helping others evolve out of Trauma driven thought and behavior. She also has experience as a manager in many different roles and responsibilities such as communication, mentoring, and training.

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