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The Self Improvement Show Archives Available June 15th 2017: It Didn't Start With You

Unconsciously, we relive our mother's anxiety. We repeat our father's disappointments. We replicate the failed relationships of our parents or grandparents. Just as we inherit our eye color and blood type, we also inherit the residue from traumatic events that have taken place in our family. While our physical traits are easily discernible, this emotional legacy is often hidden from us. Anxiety, fear, financial worries, depression, illness and unhappy relationships can all be forms of our unconscious inheritance. Unresolved traumas, some going back two or three generations, can ensnare us in f

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Featured Guest



Mark Wolynn

Mark Wolynn is a leading expert on inherited family trauma. As director of The Family Constellation Institute in San Francisco, he trains clinicians and treats people struggling with depression, anxiety, panic disorder, obsessive thoughts, self-injury, chronic illness, and pain. A sought-after lecturer, he leads workshops at hospitals, clinics, conferences, and teaching centers around the world. He has taught at the University of Pittsburgh, the Western Psychiatric Institute, Kripalu, The Omega Institute, The New York Open Center, and The California Institute of Integral Studies. Mark is a Summa Cum Laude graduate in English and Psychology from the University of Pittsburgh. His graduate wo

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