



## My Eyes Were Old When I Was Young: Growing Up with Childhood Memories of Trauma and Fixing Them! (Paperback)

By Dr Treat Preston

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Childhood Trauma - My Eyes Were Old When I was Young describes childhood trauma, childhood trauma and its links to borderline personality disorders, childhood trauma PTSD, adolescent psychology, child psychology, and neuroscience behind all childhood trauma. Written by ones of the nation s leading behavioral scientists, Dr. Treat Preston not only describes the various childhood traumas but also teaches the proper protocols to identify them and treat them. In science I am quite certain you have heard the expression, You are what you eat! And in nutritional science this is quite true as it pertains to the physiology of the body. But in the mental sciences it is quite different. The way we think is the same way we believe. We are physically what we eat but we are mentally what we believe. In physiology - the study of the physical human body - food that is ingested is changed into nutrients that are bioavailable to the body namely carbs, protein and fat. In essence, whatever you consume is changed into YOU! So, you are what you eat physically. Mental food does the...

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