

Dealing with Trauma

author:

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Synopsis

Trauma shapes us into who we are, but we are never really taught how to deal with our trauma. In this episode, I will teach you the best ways to go back and relive old traumas and memories, so that you can let go of them and move forward in your life in a positive way.

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The Mindset Mentor podcast is designed for anyone desiring motivation, direction, and focus in life.

Past guests of The Mindset Mentor include Tony Robbins, Matthew McConaughey, Jay Shetty, Andrew Huberman, Lewis Howes, Gregg Braden, Rich Roll, and Dr. Steven Gundry

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