

Webinar #18: “Healing Your Family’s Pain”

General References:

Dr. Hanscom Article: Create a Safe Haven – Family:

<https://backincontrol.com/the-4-stages/stage-3-moving-forward/address-family-issues/>

Articles:

When you’re angry it reduces blood supply to your brain:

**Takahashi, et al, 2018, ‘Aggression, Social Stress, and the Immune System in Humans and Animal Models’
Frontiers in Behavioral Neuroscience, 10.3389/fnbeh.2018.00056**

<https://www.frontiersin.org/article/10.3389/fnbeh.2018.00056>

Isolation has about the same health consequence as smoking 15 cigarettes a day (article & resources):

<https://www.cigna.com/about-us/newsroom/studies-and-reports/combating-loneliness/>

Cigna U.S. Loneliness Index: Survey of 20,000 Americans Examining Behaviors Driving Loneliness in the United States. (2018); 1 - 61.

Books:

[The Road Less Traveled, Timeless Edition: A New Psychology of Love, Traditional Values and Spiritual Growth](#)

By [M. Scott Peck](#)

[Loneliness: Human Nature and the Need for Social Connection](#)

By [John Cacciopo](#)

[People of the Lie: The Hope for Healing Human Evil](#)

By [M. Scott Peck](#)

Q&A with David Hanscom:

[Join every Tuesday and Thursday at noon Pacific Time](#)

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