



Date : 13/03/2025

Pages : 275

Format cm : 16 x 23

Prix : 19.9

EAN : 9782813234070

My Body Tells My Story

The Body as Archive: How Our Family Histories Affect Our Health and DNA, and How to Heal

Author: Elisabeth Horowitz

Publisher : Guy Trédaniel

Category :

Genres : Well-Being/Self-Help

Keywords : Psychogenealogy - Family

The Body as Archive: decoding what is passed down from generation to generation.

One of the leading voices in psychogenealogy, Horowitz explores how family history imprints itself on our very cells. Birth, given names, siblings, symptoms, key dates: everything in our bodies seems to echo the unresolved dramas of the past. A richly layered, at times vertiginous work—yet always driven by a profound impulse to transmit and to heal. Over the course of its pages, a vivid family anthropology unfolds, offering readers an entirely new way to inhabit both their bodies and their histories.

Rights Sold: Spain, Portugal, Vietnam, Romania, United States (world English), Arabic language, The Netherlands, Vietnam

Sales in France: 15,000 copies