

The power of this book lies in its passionate appeal to news and entertainment media, for their help in turning the horrors of history into healing and peace. *Beyond the Trauma Vortex* clarifies how reactions to trauma can influence reporting in ways that distort news coverage for readers and viewers, adding to their confusion and helplessness rather than informing and moving them to constructive action.

—MIGUEL M. SCHERER

Journalist, teacher, and author of *Still Loved by the Sun: A Rape Survivor's Journal*

Gina Ross has produced a must-read that illuminates people's ability to constructively understand, recognize, and heal their own traumas, whether witnessed directly or secondhand. *Beyond the Trauma Vortex* alerts us to trauma being a root cause of violence and advises us to look at political conflicts between groups and nations through the trauma lens. Making us aware of what she calls the "trauma vortex," is her eye-opening prelude to the "healing vortex," our inner resources that allow us to move beyond events we might like to lay to rest but are unable to. I can attest that the "healing vortex" works. During a time of great peril and extreme stress in my life, I was able to draw on many of the healing resources

Gina describes so accurately in this book. Consider this review an endorsement and a testimonial as well.

—JERRY LEVIN

Former CNN Middle East bureau chief

In our post-9/11 world, no one escapes emotional trauma; its effects are only a matter of degree. *Beyond the Trauma Vortex* is a sorely needed examination of the origins and nature of trauma, and how we can heal from it. This is a very wise book that deserves a wide readership—for the sake of our country and our world.

—LARRY DOSSEY, MD

Author of *Healing Beyond the Body and Reinventing Medicine*

There's a really important message in this book. A great worldwide benefit will come as a result of our better understanding of the impact of trauma and the process of personal and collective healing and response that is possible. This well-researched work offers insight and tools for all those involved in transforming old problems into new solutions.

—JACK KORNFIELD

Author, meditation teacher, and co-founder of the Insight Meditation Society

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North Atlantic Books
Berkeley, California

Distributed to the book trade by Publishers Group West

GINA ROSS BEYOND THE TRAUMA VORTEX

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THE MEDIA'S ROLE IN HEALING FEAR, TERROR, AND VIOLENCE



GINA ROSS

Foreword by Dr. Peter A. Levine, Author of *Waking the Tiger*



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