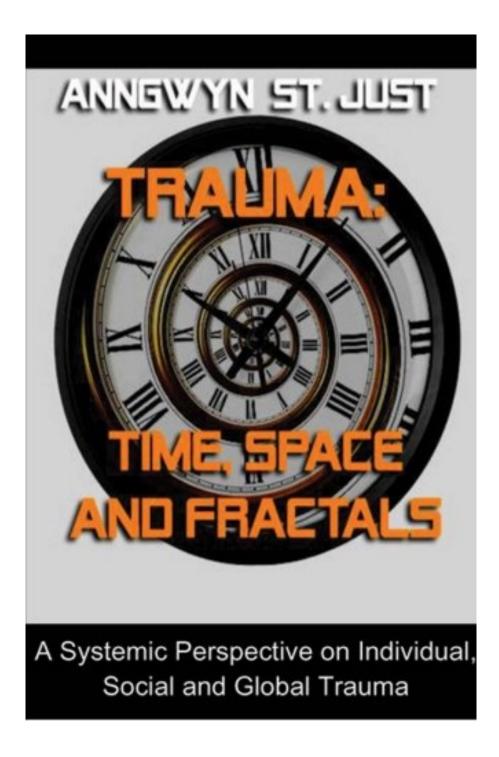


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Review

Anngwyn St Just is one of the truly original and innovative thinkers in the field of traumatology. With clarity and wit, she shows how trauma becomes embedded within the fabric of time and space and that our psychodynamic therapies are incomplete without recognizing the fractal patterns of behavior, emotion and relationship.Peter A Levine, PhD.

Anngwyn writes about how "In trauma the past is always present." She shows how the question "what time is it" is not as simple as we think. She asks why unresolved traumas tend to repeat on the anniversary of previous traumas, and that replicating patterns reveal denials, lies and other forms of cover-up. John Bilorusky Ph.D.

About the Author

Anngwyn St. Just Ph.D. is a systemically oriented social traumatologist who holds advanced degrees from The Western Institute for Social Research and the University of California at Berkeley. She is a cultural historian, psychotherapist and somatic educator, who specializes in developing multi-modal, cross cultural methods based upon easily transmitted concepts for trauma education and recovery. Currently Director of the Arizona Center for Social Trauma, Anngwyn has traveled widely in North and South America, Europe and Russia teaching innovative ways of resolving individual and social trauma.

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Fractals have been called "the fingerprints of God"... this book explores the role of fractal time in an ongoing effort to understand causes, experience and healing of individual, social and global trauma. Physicists are now telling us that the Universe and time itself is composed of an infinite series of expanding and contracting cycles within cycles. This new version of reality conjures images of vast cosmic cycles mirrored in smaller cycles of planetary cycles, human civilizations, community and family systems, as well as individual lives. Each life is lived as an integral fragment of other cycles nested within increasingly larger cycles. These larger cycles contain smaller cycles and still smaller cycles because they contain universal fractal patterns which repeat themselves in non-linear self- similar way as described in the axiom " As above, so below". In many traditions, if not all, these hidden designs are recognized as fate.

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Trauma, Time, Space and Fractals

By Janice Crawford

In this new book Dr.St.Just expands and makes a critical contribution to not only the study of social trauma but to a more general wisdom as well. Exploring the nature of time itself, she brilliantly describes how historical forces diminish our possibilities of peace and reconcilliation.

I am excited to recommend this book for those who would like to more comprehensively understand and more clearly see the possibilities of deep resolution not only of what is occurring within our own psyches but also in the different levels of the worlds we inhabit.

Jan Crawford, Trauma Specialist, NYC

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By Sheila Krystal

Anngwyn St. Just's facile and visionary thinking delights, entertains and stretches the mind and organizes ones' understanding of the macrocosm and the microcosm, the within and the without in fresh new ways! This effective new book will be of interest to globally curious people desiring to be of benefit to themselves, others and the World, whether psychologists, somatic therapists, traumatologists, historians or sociologists and anthropologists, even philosophers and politicians. A wake-up call is deftly embedded in the intuitive tapestry of beautifully woven examinations of time and fractiles. Dr. St. Just's blog, Trauma and the Human Condition at http://anngwyn.wisrville.org, is a very stimulating accompaniment to the book.

Sheila Krystal Psychologist Berkeley, CA

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fast and easy reading on complex and deep dynamics......

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That are rarely addressed in our culture. How is it the the Japanese, a country devastated by US nuclear bombs, could be persuaded to build 48+ nuclear reactors in an earthquake vulnerable area? Though I never thought about it until I read it in the pages of this book, the answer to that question is worthy of pursuit and can explain a lot about what happens in our world. Answering that question completely will lead you to many books and thoughtful analysis, but the question was raised by Angwynn St Just, and the answer deserves to be recognized, particularly by those who are trying slow the devastation seen daily on our tv news. I recommend all St Just's books, we all need help and each other to maintain Relative Balance in an Unstable World.

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