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Children Who Want to Heal Their **Parents**

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Our children love us tremendously, and only want to spare us pointless suffering.

Key to the passing on of transgenerational trauma is a child's love for their parents. When parents feel trapped, hindered by family history, some children start doing poorly, having symptoms that range from benign to the more serious, taking on the burden of transgenerational trauma in an attempt to heal their parents. What can we do to help them go back to a normal life? Powerful case histories, examples of spectacular healing, shows that it is up to us to save our children from unnecessary suffering.