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Sommario/riassunto	Jennie Helene Sandstad brings together theoretical concepts and personal stories in an exploration of trauma, and studies how breathing meditation can be a tool for peace work. Through the lenses of Humanistic and Transpersonal Psychology as well as Elicitive Conflict Transformation, this work provides useful insights into transnational methods and explores why practicing self-awareness is fundamental to Elicitive Conflict Transformation. As the author engages with her own traumas and emotional wounds, the reader will undoubtedly be part of, and co-explore a journey towards healing. Contents Breathing Meditation and Peace Work Preparing for Peace Work Peace Workers

and Traumas Peace Work Interconnected with Self- Compassion A Transpersonal and Academic Voyage Beyond Modern Methods of Healing The Concept of the Wounded Healer Target Groups Lecturers and students of psychology, peace students and conflict transformation researchers Practitioners and researchers in the field of Elicitive Conflict Transformation, peace workers, aid workers, trauma workers, psychologists, friends and relatives of traumatized workers, personal and professional caregivers, rape survivors The Author Jennie Helene Sandstad is a peace researcher from the MA program in Peace, Security, Development and International Conflict Transformation at the University of Innsbruck. Her research focuses on trauma, peace work, humanistic and transpersonal psychology, Elicitive Conflict Transformation and transnational research methods. .
