



Lifting Heavy Things: Healing Trauma One Rep at a Time

By Laura Khoudari

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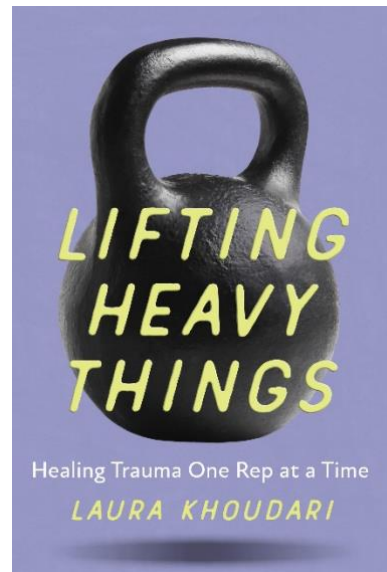
Book description:

In this innovative title, celebrated trainer and trauma practitioner Laura Khoudari brings a fresh approach to healing after trauma, using strength training as an embodied movement practice. Compassionate, witty and fastidiously researched, Khoudari's debut, *Lifting Heavy Things*, empowers and inspires readers to develop resilience and build emotional and physical strength through embodied movement, while mindful of the ways that trauma impacts the well-being of the mind and body.

Khoudari blends practical training advice and neuroscience insights with a candid and endearing account of her personal journey—from angry, alienated teen and gym class truant, to young woman with crippling back pain, to 40-something athlete and fitness professional who has reclaimed her power and dedicated her life to helping others do the same.

Part personal narrative, part practical advice informed by research and experience, this book is a must-read for anyone seeking an original approach to moving through stages of trauma, from healing to thriving. Khoudari tenderly takes her reader through the trauma-healing process from the ground up, offering practical applications of using training to heal and lift heavy things, both physically and emotionally. She explores:

- Trauma-informed strength training
- Managing chronic pain
- Creating the conditions for training and healing
- Understanding how trauma shows up in daily life



- Using embodied movement practices (beyond yoga) as a tool to comfortably and consciously inhabit the body
- Understanding the role of interpersonal relationships during and after the healing process
- Why you don't have to tell your trauma story
- Thriving with and moving beyond trauma

Although this book speaks in the language of gym bags, squats and reps, its principles are accessible to anyone interested in rediscovering peace, joy and strength in their body after a traumatic event. Hopeful, instructive and articulate, *Lifting Heavy Things* will appeal to members of the fitness and wellness communities who want to expand their trauma-informed skills, and to individuals on a healing path who seek a modality that will meet them where they are and move with them at their own pace. With humor, tenderness and grit, *Lifting Heavy Things* takes readers on a journey of personal revelation and integration, helping them to lighten their emotional burden and build deep inner strength to lift all of the heavy things that life may bring with greater ease.

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About the Author

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Laura Khoudari is a trauma practitioner, certified personal trainer, and corrective exercise specialist. She lives in New York City with her husband, daughter, and their two cats. Learn more about her work and offerings at laurakhoudari.com

About the Publisher:

LifeTree Media is an imprint of Wonderwell, a Los Angeles-based hybrid publisher of nonfiction books that help, heal and inspire. Learn more about their publishing program and other books at www.wonderwell.press.

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