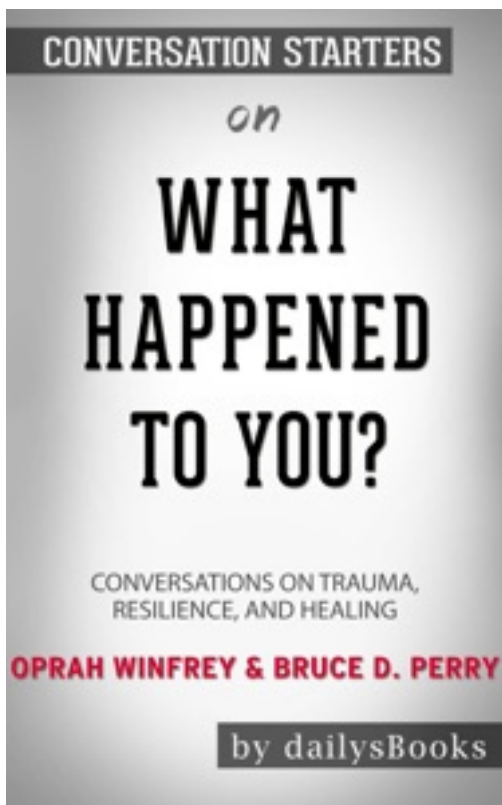


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What Happened to You?: Conversations on Trauma, Resilience, and Healing by Dr. Bruce D. Perry and Oprah Winfrey provides both emotional and scientific observations regarding behavioral patterns that can be traced back to a person's early experiences in life. People wonder why they think or act a certain way, and often condemn themselves and others for being unable to meet unrealistic standards. Dr. Perry and Winfrey want readers to reflect on traumatic incidents they may have experienced in the past, how they impacted their brains and the way it influences their response to stress today.

What Happened to You? Is a New York Times bestseller. It received a 4.52-star rating on Goodreads based on 1,359 reviews and 11,032 ratings. Kirkus Reviews called it a "candid guidebook to exorcising mental trauma."

## A Brief Look Inside:

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Felipe pertenece a una familia de clase media. Sus padres discuten, pelean, no se hablan. La atmósfera en casa no es la mejor. Él suele pasear por ahí solo, va a los parques a buscar un poco de

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