

Donna Jackson Nakazawa: Well-Being, Self-Care & ACEs Chat /

Nov. 14th (10 AM / 1 PM EST)

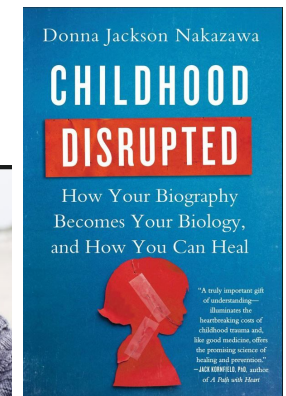


- Parenting with ACEs. Why it's hard.
- Affordable healing for stressed parents.
- Why taking care of ourselves is good parenting.

"It's really not survival of the fittest - it's survival of the nurtured."

[Donna Jackson Nakazawa](#) is an award-winning writer, researcher and public speaker who explores the intersection

between neuroscience, immunology, and the deepest inner workings of the human heart. Her most recent book, [Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal](#), examines the lifelong consequences—both emotional and physical—of adverse childhood experiences and offers readers suffering from chronic conditions a window to healing. More about [Donna Jackson Nakazawa's](#) work.



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