



Sarah Peyton, author, international constellations facilitator, Certified Trainer of Nonviolent Communication and neuroscience educator, integrates constellations, brain science and the use of resonant language to heal trauma.

She works with audiences internationally to create a compassionate understanding of the effects of relational trauma on the brain, and teaches people how words change and heal us. Sarah speaks about both the personal and the systemic forces that lead to traumatization, including racism, patriarchy, gender oppression, capitalism and colonialism.

Sarah is a sought-after expert who brings neuroscience expertise to conversations about power, including how human brains respond to power differentials and microaggressions, the social trauma that can result, and how to use resonant healing to support people in restoring dignity and reclaiming their full power.

Sarah's first book, "Your Resonant Self: Guided Meditations and Exercises to Engage Your Brain's Capacity for Healing", is focused on the way our automatic brain patterning is impacted by trauma and provides ways to transform our tendencies toward self-criticism into self-warmth through resonant language.

Sarah's second book, "Your Resonant Self Workbook: From Self-sabotage to Self-care" deepens and augments the first book by introducing the neuroscience of unconscious contracts: those agreements we make as children to keep us safe, which often result in harmful adult behaviors like self-criticism, lack of trust or capacity for intimacy, or self-sabotage.

The third installment in Sarah's resonance series is scheduled for release in Winter, 2021 and is titled "Affirmations for Turbulent Times: Resonant Words to Soothe Body and Mind." Each book in the resonance series uses a different approach to help make brains a good place to live.