



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 has two more books in the works: [Your Resonant Self Workbook: From Self-sabotage to Self-care](#) (scheduled for release May 21, 2021 (available for pre-sale on Amazon), and a small gift book, [Affirmations for Turbulent Times: Resonant Words to Soothe Body and Mind](#) (scheduled for release in Winter, 2021).