

If challenging personalities run in your family, you might like this book:

*17. It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle*

Mark Wolynn, The Penguin Group, 2009.

Wolynn has worked with many individuals who are not at peace with themselves or others. The way someone feels after a loss, a death, or a betrayal, for example, can become embedded in the way his or her descendants respond to the world. But these types of changes can be reversed, so that a jumpy, aggressive, or overly passive pre-disposition need not be a permanent aspect of personality. Wolynn offers ways to uncover family trauma, if it exists, and to make peace with it and its past victim.