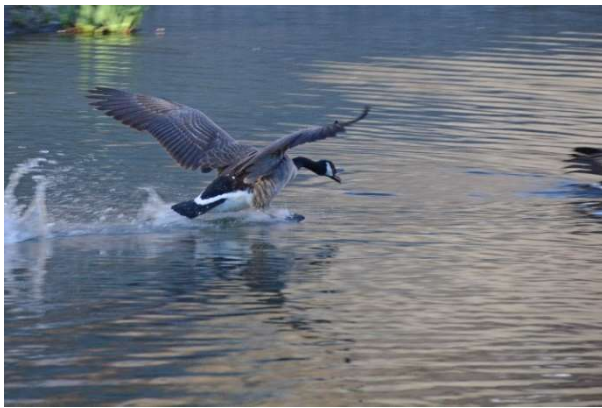


13. The Deepest Well: Healing the Long-Term Effects of Childhood Adversity
Nadine Burke Harris, M.D., Houghton Mifflin Harcourt, 2018

Dr. Burke Harris was challenged by what she observed while treating patients at her clinic in Bayview, a low-income region of San Francisco. She explains how she sought and found ways to improve outcomes for children of high-stress environments. She wants an “adversity” questionnaire included in standard medical screenings. Dr. Harris recognizes the many costs, to all of us, of childhood adversity. She suggests, only half-jokingly, that in poor communities, “people actually know who the molesting uncle is... [But, in rich communities] these things just aren’t talked about.” (pp. 170-171.)

This, along with Book One, shows the consequences of unsympathetic behavior in the money-focused-economy. U.S. free-market capitalism rewards financial gain. Therefore, the money-focused-economy can sometimes ignore both inequity and adversity (a.k.a. disadvantage, or trauma, or distress, or similar). People may think it necessary to do so in order to make their way in the world, and may train themselves and others accordingly.

Then, emotional distress may lie under the radar of people trained to focus on earning a living in the money-economy, or trained to fight wars on behalf of the money-economy.



Ordinary people can ask business people for what we really need. We can support businesses that provide it, and not support businesses that don't. The more wealth we own, the more it is our responsibility to do so, on behalf of ourselves and those whose economic “voices” (a.k.a. dollar votes) are small.

It's a dog-eat-dog (er, goose-chase-geese) world