

Neuroscientists find visual evidence that bullying and abuse leave physical scars in the brain

The author offers an understanding of the impact of bullying and ways to recover and heal.

In her new book, *The Bullied Brain: Heal Your Scars and Restore Your Health* (Prometheus Books, April 1, 2022), Jennifer Fraser, best-selling author and award-winning educator, reveals how bullying and abuse have seeped into every corner of society — from children’s playgrounds to the upper echelons of leadership. She offers remedies coming from advancements in brain science that open the door to recovery and healing.

Neuroscientists have found visual evidence in brain scans of the impact of bullying and abuse. It shows up as hypervigilance that takes up much brain power, diverting it away from learning, creativity, and problem-solving. Fraser walks readers through ways we can use the brain’s inherent neuroplasticity to undo the damage.

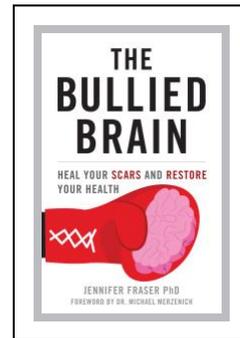
Drawing from her personal experience, as well as stories ripped from the headlines, Fraser expertly weaves anecdotes together with pioneering information on both the mental and physical trauma caused by bullying and the brain’s remarkable ability to repair.

The Bullied Brain makes clear that all forms of bullying and abuse harm minds, brains, and bodies. It takes the discussion out from behind closed doors and provides readers a blueprint for not only navigating and surviving in a world where bullying has become normative behaviour, but also for dismantling the “bullying paradigm” and replacing it with one grounded in knowledge of our brains, empathy and compassion for ourselves and others.

In *The Bullied Brain*, Fraser shares not only how to survive bullying, but how to push back against the entrenched role it plays in society. She addresses:

- How bullying and abuse correlate with failure to perform, mental illness, substance abuse, aggressive behavior and chronic disease
- How bullied individual’s brains show anatomical differences that prevent them from responding in healthy ways to confrontation or persuasion
- How to debunk the myth generated by the misbelief that harsh, ruthless conduct builds toughness and resilience
- How to harness the brain’s neuroplasticity to replace destructive neural networks with ones capable of critical thinking, trust and empathy

— MORE —



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About the Author

JENNIFER FRASER, best-selling author and award-winning educator, has a PhD in Comparative Literature from the University of Toronto. Her online courses and workshops provide dynamic lessons in the impact neuroscience has on personal development and culture change.

Her previous book, *Teaching Bullies: Zero Tolerance on the Court or in the Classroom* (Motion Press, Aug. 8, 2015), explores what happens when the bully is a teacher or coach. Her new book, *The Bullied Brain: Heal Your Scars and Restore Your Health* (Prometheus Books, April 1, 2022), delves into how bullying affects the brain and how the brain can heal.

Learn more at bulliedbrain.com.

“In the labs of scientists, they discovered how harmful all forms of bullying and abuse are to our brains, and they have also uncovered a whole host of healing, restorative practices that we can undertake to recover from and prevent further bullying and abuse.”

—Jennifer Fraser