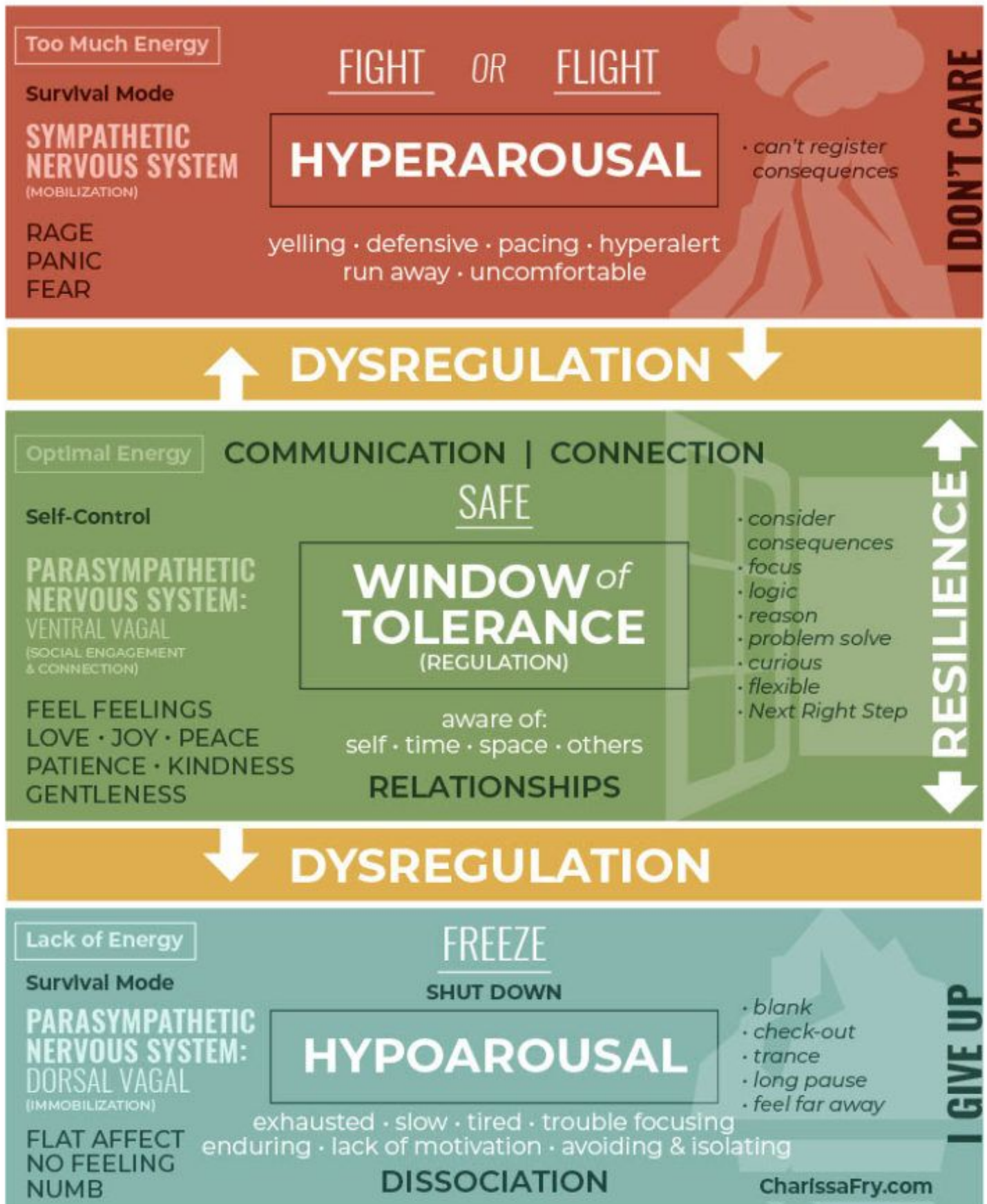


POLYVAGAL THEORY



How Trauma Can Affect Your Window of Tolerance

