

There are wounds that time cannot heal on its own.

What happens when a child grows up carrying pain that was never given a name?

Childhood trauma does not stay in the past. It grows with us, shaping our choices, relationships, emotions, and even the way we see ourselves. But there is a path to freedom, and it begins with the courage to look within.

"Do not be conformed to this world, but be transformed by the renewing of your mind." Romans 12:2

Bringing together science, psychoanalysis, and faith, Ricardo Batista Cavassin guides the reader on a profound journey of self-knowledge. The result of nearly a decade of research and personal experience, this book offers answers where there were only questions, and hope where there was only pain.

WHAT YOU WILL FIND IN THIS BOOK

- The origins of childhood trauma and its invisible scars;
- Causes, patterns, and the psyche's defense mechanisms;
- Practical tools for renewing the mind;
- How the past appears in adult life;
- The path to healing: science and faith walking together;
- A true testimony: from pain to transformation.



ABOUT THE AUTHOR

Ricardo Batista Cavassin

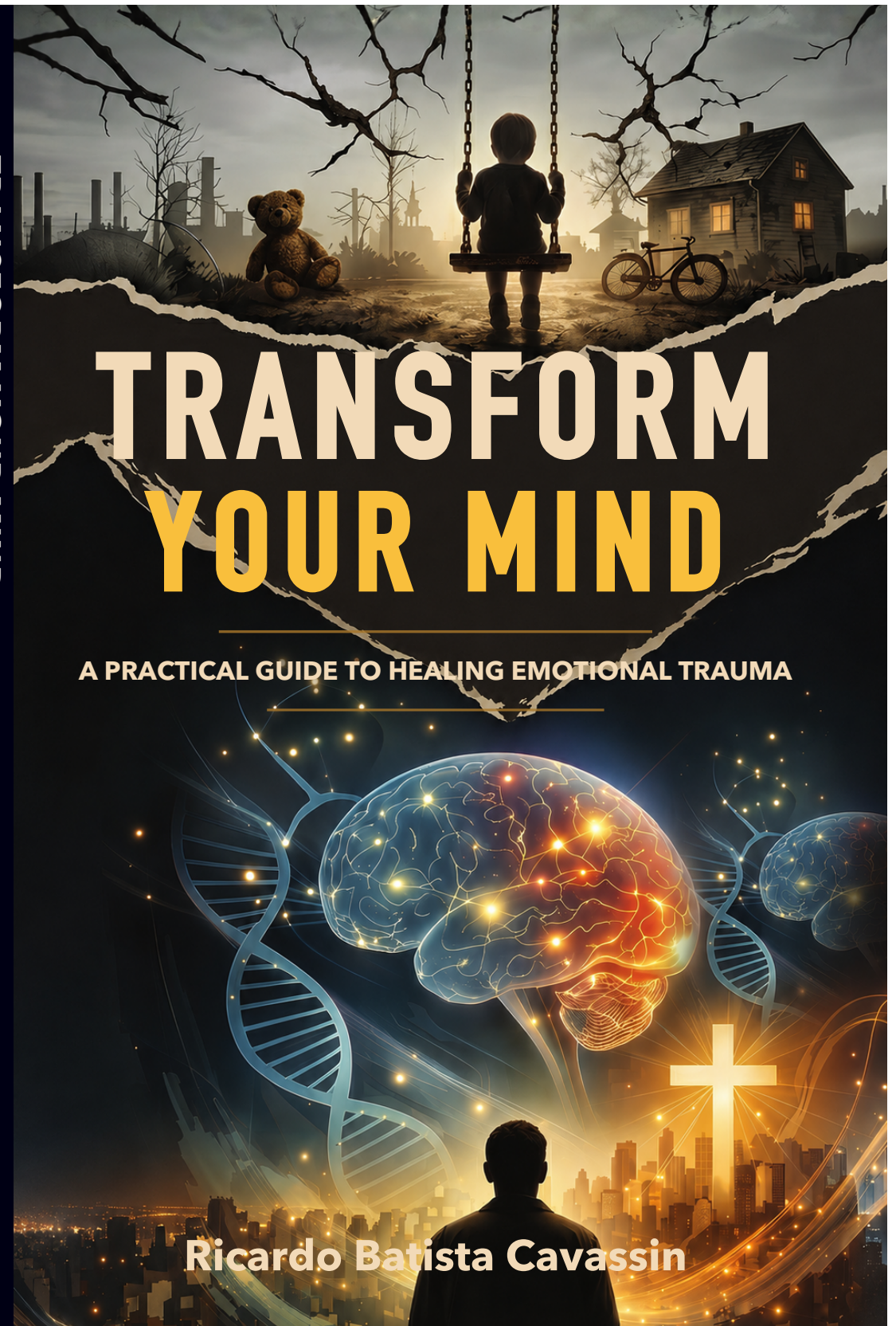
PROFESSOR | HISTORIAN | PSYCHOANALYST | WRITER

Since 2016, Ricardo has devoted himself to the in-depth study of trauma and the human mind. His research grew from his own healing journey, becoming a reference at the intersection of science and biblical faith. With sensitivity and rigor, he guides people toward real transformation.



TRANSFORM YOUR MIND

RICARDO BATISTA CAVASSIN



TRANSFORM YOUR MIND

A PRACTICAL GUIDE TO HEALING EMOTIONAL TRAUMA

Ricardo Batista Cavassin