

Wheeling to Healing

Broken Heart on a Bicycle

Understanding and Healing from Adverse Childhood Experiences (ACEs)

By James Encinas



TAGLINE

Emotional trauma suffered in youth cycles into healing through one man, two cross-country bike rides, the ACEs study and many storytellers.

SALES HOOK

James Encinas, a Bolivian immigrant to the United States, is on a mission to bring new opportunities for healing emotional trauma suffered during childhood to every person who desires it. Having discovered the Adverse Childhood Experiences study in mid-life, Encinas uses this book to inspire healing through shared experiences.

DESCRIPTION

Along with its companion curriculum, the book *Wheeling to Healing* by Bolivian native James Encinas, offers and builds a new system of healing from emotional trauma suffered during childhood. A victim of domestic abuse, discrimination and bullying, Encinas's obstacles were formidable—yet each one allowed him to embrace the message of healing that is inherent in anyone who still suffers from violent past memories that are still stuck and keep cycling.

KEY SELLING POINTS

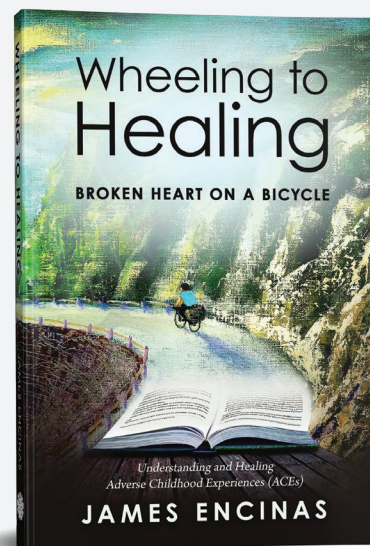
- Encinas writes about the ACE study as proof of connection between childhood trauma and adult health
- *Wheeling to Healing* is the foundation for Encinas's forthcoming book that describes creation of healing communities
- James Encinas, an Aspen Foundation Teacher Fellow, continues to build a following on ACEs Connection and Facebook platforms

AUDIENCE

Adult interested in social science nonfiction and trends in health and well being; Social workers and other human services experts, including those in the fields of medicine, law enforcement, education, child welfare, and in corporate human resources.

AUTHOR BIO

A former actor and grade school teacher, now a parent education specialist, teacher trainer and public speaker, James Encinas uses his creative skills in experiential workshops to instruct participants about the impact of trauma on childhood development. The non-judgmental space he creates allows probationers to engage in healing their emotional damage, learn about prevention of future child abuse and domestic violence, and to educate teachers to work with



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students who live in unsafe environments. James wrote *Wheeling to Healing...Broken Heart on a Bicycle: Understanding and Healing from Adverse Childhood Experiences*, a book and [a 26-week] curriculum. He is a Fellow from the first class of Aspen Institute's Teacher Leaders, a member of the Aspen Global Leadership Network and an activist for healing.

ENDORSEMENTS

"James Encinas's healing journey had two wheels as he pedaled his bicycle from one story to the next across America. With each story we see how there are many pathways to recovery and that our capacity for resilience can overcome the darkest of life circumstances. *Wheeling to Healing* conveys a message of hope and the amazing potential of our instinct to heal."

~ **Linda Chamberlain, Ph.D.**, author, epidemiologist and founding director of the Alaska Family Violence Prevention Project

"I highly recommend *Wheeling to Healing* to leaders who have the courage and commitment to undertake a deeper understanding of self. This book illustrates how events from birth through adolescence and early adult life shape fundamental views of self-worth, confidence, plus willingness to be led and to lead, against the backdrop of healing."

~ **John Hamm**, executive coach, strategy advisor, leadership trainer and author of *Unusually Excellent: The Necessary Nine Skills Required for the Practice of Great Leadership* (2010)

"The stories of life experiences that are told in *Wheeling to Healing* help us understand how Adverse Childhood Experiences are common but typically unrecognized, and decades later affect our well-being and social function, and transmute into biomedical disease. Though the links may be lost in time, and are protected by shame and secrecy, the rest of the story here is the role of remembrance and understanding and openness in terms of a person's ultimate healing."

~ **Vincent J. Felitti, M.D.**, co-founder of the ACE Study

"By gathering stories, as well as methods of delivering hope, James Encinas wrote one story for all about healing with empathy, clarity and grace. Healing comes about when the speaker is honest and the listener is compassionate. This book's call to action is a movement toward action, practice, and the creation of healing circles."

~ **Richard Rohr, O.F.M.**, author and founder of the Center for Action and Contemplation in Albuquerque, New Mexico