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The creator of the Polyvagal Theory explains the principles in simple terms that are accessible to all. Since Stephen Porges first proposed the Polyvagal Theory in 1994, its basic idea that the level of safety we feel impacts our health and happiness has radically shifted how researchers and clinicians approach trauma interventions and therapeutic interactions. Yet despite its wide acceptance, most of the writing on the topic has been obscured behind clinical texts and scientific jargon. Our Polyvagal World definitively presents how Polyvagal Theory can be understandable to all and demonstrates how its practical principles are applicable to anyone looking to live their safest, best, healthiest, and happiest life. What emerges is a worldview filled with optimism and hope, and an understanding as to why our bodies sometimes act in ways our brains wish they didn't. Filled with actionable advice and real-world examples, this book will change the way you think about your brain, body, and ability to stay calm in a world that feels increasingly overwhelming and stressful.

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