

WRESTLING GHOSTS is a raw and heart-opening documentary about parenting, childhood trauma, and healing. Wrestling Ghosts follows the epic inner journey of Kim, a young mother who, over two heart-breaking and inspiring years, battles the traumas from her past to create a new present and future for her and her family. In this intimate portrait, Kim shares deeply personal moments that most of us keep secret in shame, and invites us into her counseling sessions. With her counselors' help, Kim opens up to new ways of thinking and uncovers what has blocked her from experiencing the joy and connection she most desires. She learns about the impact of childhood trauma on her brain, and how, tragically, this very damage causes the trauma to be passed on to her own children. Armed with knowledge and compassion, she pursues new strategies to heal herself.

Language: English Running time 92 minutes

www.wrestlingghosts.com

“WRESTLING GHOSTS is very moving and very stirring. a real accomplishment. The portrayal both of mental suffering and of therapy is profound and beautifully done.”

-Andrew Solomon
author of *The Noonday Demon*

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