

Sources referenced in the podcast (in order):

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[The Archaeology of Mind: Neural Origins of Human Emotion](#) (Jaak Panksepp)

[Fear and the defense cascade: Clinical implications and management](#)

[Nature's Lessons in Healing Trauma: An Introduction to Somatic Experiencing](#) (video)

[The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication and Self-Regulation](#) (Stephen Porges)

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[Staggering levels of gastric lesions seen in weaned foals in a study](#)

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