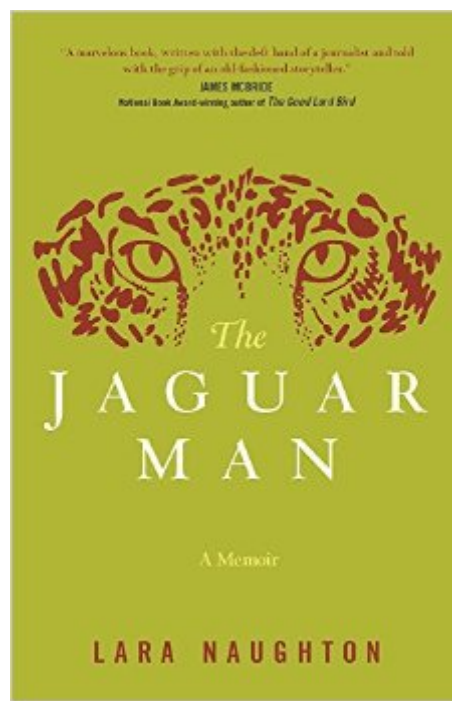


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# The Jaguar Man



## Synopsis

What happens when one harrowing incident changes your life, splitting it between before and after? On the fourth day of what Lara Naughton thought would be two weeks of bliss in Belize, she was kidnapped and assaulted by a man pretending to be a cabdriver. Held in the depths of the tropical forest—alone with the jaguar—she found that compassion was her only defense. Lara's survival and journey of healing is poignant, compelling, and exceptional. Bending the limits of reality, she uses myth to process her experience. As Lara seeks a new understanding of herself, her lyrical, haunting prose reveals a belief that there is room for compassion—for self and others—even in the midst of violence. Lara Naughton is an author and documentary playwright. Her work includes *Never Fight a Shark in the Water: The Wrongful Conviction of Gregory Bright*. She is a certified Compassion Cultivation Trainer through The Center for Compassion and Altruism Research and Education (CCARE) at Stanford University School of Medicine. She lives and teaches in New Orleans.

## Book Information

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## Customer Reviews

This is an extraordinary book. I do not say this lightly. This book is extraordinary because the woman that wrote it is herself extraordinary in her courage, self-examination, heart and true compassion, as well as in her literary gifts as an artist and storyteller. It is rare to experience the telling of a story that is gripping from the first sentence and continues to pull the reader through the emotional twists and turns, weaving the internal dialogue with the events as they unfold in a way that is so compelling

that one simply cannot put the book down. Lara Naughton's writing is lyrical and poetic, while at the same time being raw and unrelenting in its truth. The experience is harrowing and horrific and yet is written in prose that is bracingly original and musical, filled with metaphors and phrases that weave in and out, building upon themselves as themes and images. The words come as waves: waves from the ocean, waves of emotion, waves of fear, waves of confusion, thoughts, anger, disgust, love, and waves of compassion. As a therapist who has worked with victims of trauma from children to adults for many years, and as a professor who trains therapists to treat victims of trauma, I know that the most difficult task of healing from trauma is to integrate the reality of what has happened with the fragmented self and a sense of being in the world in a coherent narrative - to put words to the unnameable and unspeakable. Lara Naughton has not only done this for herself and takes us along on her journey, but she was able to hold a place of compassion for the victimizer and to think about what led him to this violent act. This book is extraordinary in this respect as well.

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