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Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body (Mixed media product)

By Peter Levine

SOUNDS TRUE INC, United States, 2008. Mixed media product. Condition: New. Language: English . Brand New Book. Researchers have shown that survivors of accidents, disaster, and childhood trauma often endure lifelong symptoms ranging from anxiety and depression to unexplained physical pain, fatigue, illness, and harmful acting out behaviors. Today, professionals and clients in both the bodywork and the psychotherapeutic fields nationwide are turning to Peter A. Levine's breakthrough Somatic Experiencing® methods to actively overcome these challenges. In Healing Trauma, Dr. Levine gives you the personal how-to guide for using the theory he first introduced in his highly acclaimed work Waking the Tiger. Join him to discover: how to develop body awareness to renegotiate and heal traumas by revisiting them rather than reliving them; emergency first-aid measures for times of distress; and nature's lessons for uncovering the physiological roots of your emotions. Trauma is a fact of life, teaches Peter Levine, but it doesn't have to be a life sentence. Now, with one fully integrated self-healing tool, he shares his essential methods to address unexplained symptoms of trauma at their source--the body--to return us to the natural state in which we are meant to live in. Contents...



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