

Our bodies matter

A NEW YORK TIMES BESTSELLER

THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY
IN THE HEALING OF TRAUMA



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"A MASTERPIECE THAT COMBINES THE BOUNDLESS CURIOSITY
OF THE SCIENTIST, THE ERUDITION OF THE SCHOLAR, AND THE PASSION
OF THE TRUTH TELLER." —JUDITH HERMAN, M.D.

"Don't search for the answers, which could not be given to you now, because you would not be able to live them. And the point is, to live everything. Live the questions now." -Rilke