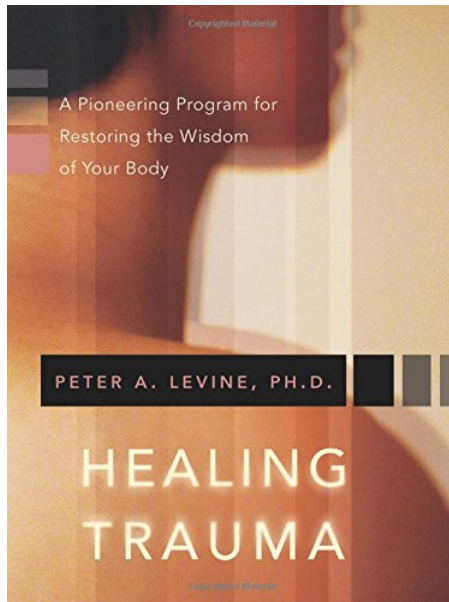


# RFQgH [GET] Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body



**CONTINUE ►**

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 reflecting these painful events. Today, millions in both the bodywork and the psychotherapeutic fields are turning to Peter A. Levine's breakthrough Somatic Experiencing methods to effectively overcome these challenges. Now available in paperback for the first time, *Healing Trauma* offers readers the personal how-to guide for using the theory Dr. Levine first introduced in his highly acclaimed work *Waking the Tiger* (North Atlantic Books, 1997), including: How to develop body awareness to "re-negotiate" and heal trauma--rather than relive them. Emergency "first-aid" measures for emotional distress. A 60-minute CD of guided Somatic Experiencing techniques "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 we are meant to live in.

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