

Download Body Keeps Score Healing Trauma

Every once in a while, a book comes along that fundamentally changes the way we look at the world. Bessel VanderKolk has written such a book. Having read "The Body Keeps the Score", it will be impossible for us any longer to deny the profound extent of trauma and its impact on our lives. Industry Reviews "The trauma caused by childhood neglect, sexual or domestic abuse and war wreaks havoc in our bodies, says Bessel van der Kolk in The Body Keeps the Score. . . .15 VIKING Trauma is a fact of life. One in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence; veterans Bessel van der Kolk MD has spent his career studying how children and adults adapt to traumatic experiences, and has translated emerging findings from neuroscience and attachment research to develop and study a range of potentially effective treatments for traumatic stress in children and adults., Body Keeps Score Healing Trauma.

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