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Waking the Tiger: Healing Trauma - North Atlantic Books
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 "Waking the Tiger" advances Peter Levine's hopeful theory that trauma has been badly misunderstood and mistreated in Western Culture. He uses numerous examples from the animal kingdom along with case studies of his own patients to argue that people can make a complete and healthy recovery from trauma by somatically renegotiating their traumatic experience.

waking the tiger healing trauma

Waking the Tiger: Healing Trauma is a self-help book by American therapist Peter A. Levine and Ann Frederick published in 1997. It presents a somatic experiencing approach which it says helps people who are struggling with psychological trauma. The book discusses inhibition and releasing a form of "energy". Synopsis
Waking the Tiger: Healing Trauma by Peter A. Levine
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Waking the Tiger: Healing Trauma - The Innate Capacity to ...

Waking the Tiger normalizes the symptoms of trauma and the steps needed to heal them. People are often traumatized by seemingly ordinary experiences. The listener is taken on a guided tour of the subtle, yet powerful impulses that govern our responses to overwhelming life events.

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Dr. Peter Levine on the Somatic Experiencing Approach and the Cocept of Titration Nature's Lessons in Healing Trauma: An Introduction to Somatic Experiencing® (SE™) Titration Explained: Never rush trauma healing

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Peter Levine on One Clinical Mistake That Can Heighten a Client's Shame **Healing Trauma by Peter Levine Resolving the Trapped Fight, Flight Freeze Response- PTSD Recovery #3 Beyond Theory Podcast | S2 E14: Dr. Peter Levine on Waking the Tiger The Body Keeps the Score Brain, Mind, and Body in the Healing of Trauma Audiobook Full Peter Levine's Somatic Tools for Self-Soothing Waking The Tiger Healing Trauma WAKING THE TIGER The image of the tiger was invoked by Dr. Peter A. Levine during his first session with "Nancy," who suffered from an array of symptoms, in an event that would define and shape his career.**

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Waking the Tiger: Healing Trauma eBook: Levine, Peter A ...

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