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Waking The Tiger: Healing Trauma - The Innate Capacity to ... “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.

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Waking the Tiger: Healing Trauma (Audio Download): Amazon ... 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

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Amazon.co.uk:Customer reviews: Waking The Tiger: Healing ... Aug 31, 2020 waking the tiger healing trauma Posted By Clive CusslerPublishing TEXT ID f311f6b3 Online PDF Ebook Epub Library Waking The Tiger Healing Trauma North Atlantic Books waking the tiger normalizes the symptoms of trauma and the steps needed to heal them people are often traumatized by seemingly ordinary experiences the reader is taken on a guided tour of the subtle yet

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

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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.

ABOUT US - Somatic Experiencing - Continuing Education

This book "Waking the Tiger" explains how trauma effects the brain-body and how somatic experiencing functions; his book "Trauma and Memory" explains how traumatic memory works, and how it is different from non-traumatic memory, and the difference between explicit and implicit memory.