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Waking The Tiger Healing Trauma

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.

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

Waking the Tiger offers a new and hopeful vision of trauma. Waking the Tiger normalizes the symptoms of trauma and the steps needed to heal them. The Amazon Book Review Author interviews, book reviews, editors' picks, and more.

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

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tour of the subtle, yet powerful impulses that govern our responses to overwhelming life events.

Waking the Tiger: Healing Trauma by Peter A. Levine

Waking the Tiger is Peter Levine's book on healing traumas. Although I am not a psychologist or therapist, its powerful and natural method is intensely appealing. Everybody in his or her life is bound to obtain traumas. This need not be due to serious accidents or maltreatment,...

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

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Waking the Tiger: Healing Trauma : the Innate Capacity to ...

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Waking the Tiger: Healing Trauma - North Atlantic Books

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 release of a form of " energy " that was poorly defined.

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Waking the Tiger - Wikipedia

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HEALING TRAUMA

Dr. Peter Levine introduced the world to his pioneering approach to trauma therapy, the Somatic Experiencing method, in *Waking the Tiger* and *In an Unspoken Voice*.

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