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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

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by seemingly ordinary
experiences. The
listener is taken on a
guided tour of the
subtle, yet powerful
impulses that govern
our responses to
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events.

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

...

In Waking the Tiger,
Levine offers the
opinion that all trauma

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is simply a disruption of a very instinctual process of handling extreme stress. You either fight, run, or freeze and it's the freezing Levine is most focused on.

**Waking the Tiger:
Healing Trauma by
Peter A. Levine**

'Waking the Tiger-
Healing Trauma: The
Innate Capacity to
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Experiences' is interesting and offers real stories about people. After reading this book I felt it was written for people with 'dark secrets' like rape, abuse, or a terrible accident, but not for athletic injuries. It was excellent but not really beneficial for me.

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

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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

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defined.

The Innate

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events.

**Waking the Tiger:
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Peter A. Levine,
Ph.D ...**

Waking the Tiger offers
a new and hopeful
vision of trauma. It
views the human
animal as a unique
being, endowed with
an instinctual capacity.
It views the human
animal as a unique
being, endowed with

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an instinctual capacity.

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understanding the
dynamics that make
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immune to traumatic
symptoms, the
mystery of human

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trauma is revealed.

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normalizes the
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and the steps needed
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trauma effects the
brain-body and how
somatic experiencing
functions; his book
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memory works, and
how it is different from
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memory, and the
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explicit and implicit
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to heal them. People are often traumatized by seemingly ordinary experiences. The reader 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
introduced the world to
his pioneering

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and In an Unspoken
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Education**

Waking the Tiger offers
a new and hopeful
vision of trauma. It
views the human
animal as a unique
being, endowed with

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an instinctual capacity.
It asks and answers an
intriguing question-
why are animals in the
wild, though
threatened routinely,
rarely traumatized?

Waking the Tiger: Healing Trauma book by Peter A. Levine

— Ann Frederick,
Waking the Tiger:
Healing Trauma “In
moving through
apprehensive chills to

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mounting excitement
and waves of moist
tingling warmth, the
body, with its innate
capacity to heal, melts
the iceberg created by
deeply frozen trauma.

Waking the Tiger Quotes by Peter A. Levine

Waking the Tiger,
Healing Trauma is a
fascinating book by
Peter A Levine. This
book summary and
review provides quotes

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and basic principles introduced in this book to give you a taste whether you may wish to purchase the book.

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The developer of
Somatic

Experiencing , a body-awareness approach to healing trauma, Peter was a stress consultant

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for NASA on the development of the space shuttle project. His bestselling Waking the Tiger has been translated into twenty-two languages.

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