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The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma - Summary

By Summary Station

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Learn About Trauma And Traumatic Disorders In A Fraction Of The Time It Takes To Read The Actual Book!!! Get this 1# Amazon bestseller for just \$2.99. Regularly priced at \$9.99. Read on your PC, Mac, smart phone, tablet or Kindle device Bessel Van der Kolk M.D. is the author of The Body Keeps the Score. In this book Bessel examines the ways that trauma can affect people and how they can recover from past dramatic events. When a person experiences trauma it will change the wiring in their brain and this will cause a change in the way that a person views their life and everyday situations. Trauma has a negative effect on both the body and mind in a way that will prevent a person affected by trauma from enjoying the present moment. Bessel and his colleagues have been researching trauma and the people affected by it for almost 50 years. This journey began for Dr. Bessel when he met with Vietnam War veterans who were suffering from the trauma they experienced in...



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