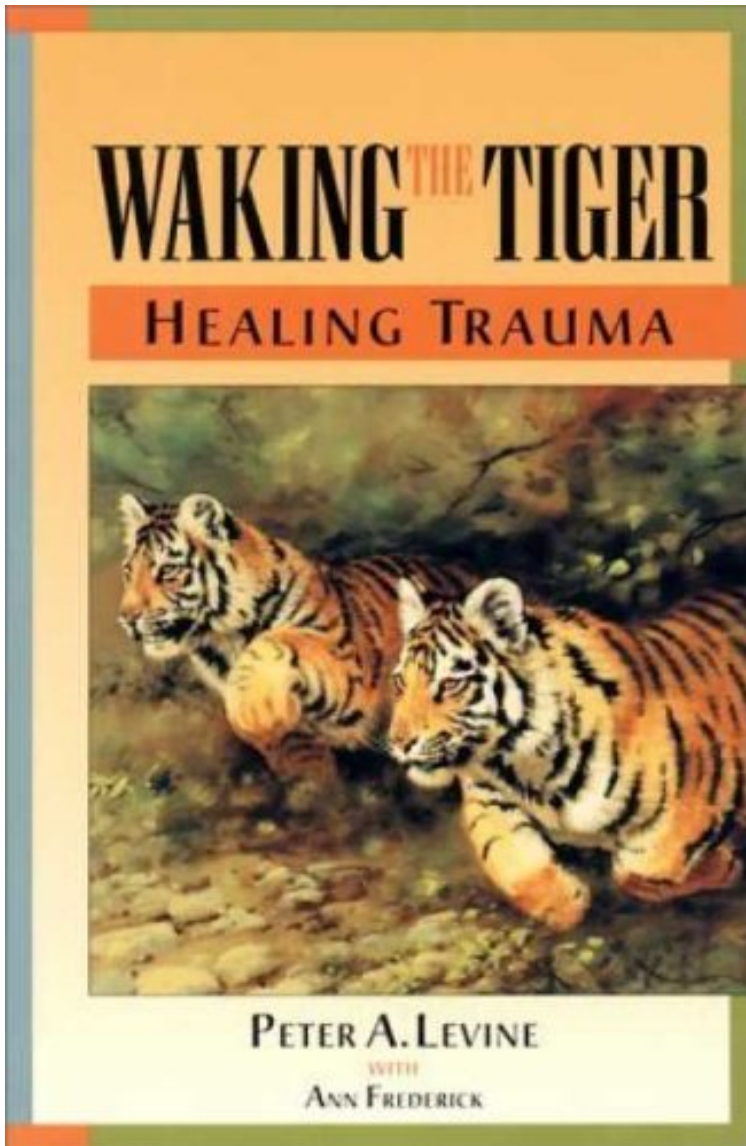


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Waking the Tiger: Healing Trauma (English Edition)



*Par Peter A. Levine, Ann Frederick
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Description :

Prsentation de l'diteurWaking 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 asks and answers an intriguing question: why are animals in the wild, though threatened routinely, rarely traumatized? By understanding the dynamics that make wild animals virtually immune to traumatic symptoms, the mystery of human trauma is revealed.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

powerful impulses that govern our responses to overwhelming life events. To do this, it employs a series of exercises that help us focus on bodily sensations. Through heightened awareness of these sensations trauma can be healed. ExtraitFrom Chapter 3: Wounds That Can HealWhen a young tree is injured it grows around that injury. As the tree continues to develop, the wound becomes relatively small in proportion to the size of the tree. Gnarly burls and misshapen limbs speak of injuries and obstacles encountered through time and overcome. The way a tree grows around its past contributes to its exquisite individuality, character, and beauty. I certainly dont advocate traumatization to build character, but since trauma is almost a given at some point in our lives, the image of the tree can be a valuable mirror.Although human beings have been experiencing trauma for thousands of years, it is only in the last ten years that it has begun to receive widespread professional and public attention...Revue de presse"Every life contains difficulties we are not prepared for. Read, learn, and be prepared for life and healing."Bernard S. Siegal, M.D., Author of Love, Medicine Miracles and Peace, Love, and Healing "Fascinating! Amazing! A revolutionary exploration of the effects and causes of trauma." Mira Rothenberg, Director Emeritus of Blueberry Treatment Centers for Disturbed Children, Author of Children With Emerald Eyes"It is a most important book. Quite possibly a work of genius." Ron Kurtz, Author of Body Reveals and Body-Centered Psychotherapy"Levine effectively argues that the body is healer and that psychological scars of trauma are reversiblebut only if we listen to the voices of our body."Stephen W. Porges, Ph.D., Professor of Human Development and Psychology, University of Maryland "A vital contribution to the exciting emerging science of mind/body interaction in the treatment of disease."Robert C. Scaer, M.D., Neurology, Medical Director, Rehabilitation Services, Boulder Community Hospital"Peter Levines work is visionary common sense, pure and simple."Laura Huxley, lifetime partner and collaborator of Aldous Huxley [Waking the Tiger] is an excellent resource for those who have been traumatized or know someone who suffers from trauma, like a soldier returning from war. Finally, there is help that doesnt ask us to relive what happened and re-experience the pain. Instead, it follows the bodys wisdom in its search for renewal and healing. Soaring Again