

Download Body Keeps Score Healing Trauma

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma | Bessel van der Kolk M.D. | ISBN: 9780143127741 | Kostenloser Versand für alle Bücher mit Versand und Verkauf durch Amazon.Pressestimmen. Praise for The Body Keeps the Score “In this inspirational work which seamlessly weaves keen clinical observation, neuroscience, historical analysis, the arts, and personal narrative, Dr. van der Kolk has created an authoritative guide to the effects of trauma, and pathways to recovery.Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples ...The Body Keeps the Score leaves us with both a profound appreciation for and a felt sense of, the debilitating effects of trauma, along with hope for the future through fascinating descriptions of novel approaches to treatment. This outstanding volume is absolutely essential reading not only for therapists but for all who seek to understand, prevent, or treat the immense suffering caused by trauma., Body Keeps Score Healing Trauma.

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