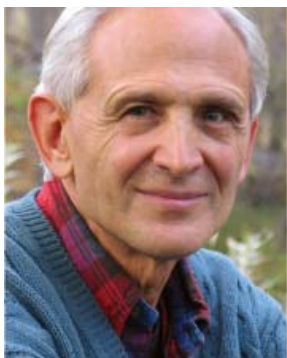


HEALING TRAUMA
A Pioneering Program
for Restoring the
Wisdom of Your Body

Peter A. Levine, Ph.D.

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A Pioneering Program for Restoring the Wisdom of Your Body

Researchers have shown that survivors of accidents, disaster, and childhood trauma often endure lifelong symptoms ranging from anxiety and depression to unexplained physical pain, fatigue, illness, and harmful “acting out” behaviors reflecting these painful events.

Today, millions in both the bodywork and the psychotherapeutic fields are turning to Peter A. Levine’s breakthrough Somatic Experiencing™ methods to effectively overcome these challenges. Now available in paperback for the first time, *Healing Trauma* offers readers the personal how-to guide for using the theory Dr. Levine first introduced in his highly acclaimed work *Waking the Tiger* (North Atlantic Books, 1997), including:

- How to develop body awareness to “re-negotiate” and heal traumas—rather than relive them
- Emergency “first-aid” measures for emotional distress
- A 60-minute CD of guided Somatic Experiencing™ techniques

“Trauma is a fact of life,” teaches Peter Levine, “but it doesn’t have to be a life sentence.” Now, with one fully integrated self-healing tool, he shares his essential methods to address unexplained symptoms of trauma at their source—the body—to return us to the natural state we are meant to live in.

Peter A. Levine, Ph.D. received his Ph.D. in medical and biological physics from the University of California at Berkeley, and also holds a doctorate in psychology from International University. During his 35-year study of stress and trauma, he has contributed to scientific and medical publications and served as consultant for NASA’s space shuttle project. He has taught at the Hopi Guidance Center, and at hospitals, trauma centers, and pain clinics throughout the world. His bestselling book *Waking the Tiger* has been published in 13 languages. Visit www.traumahealing.com.

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