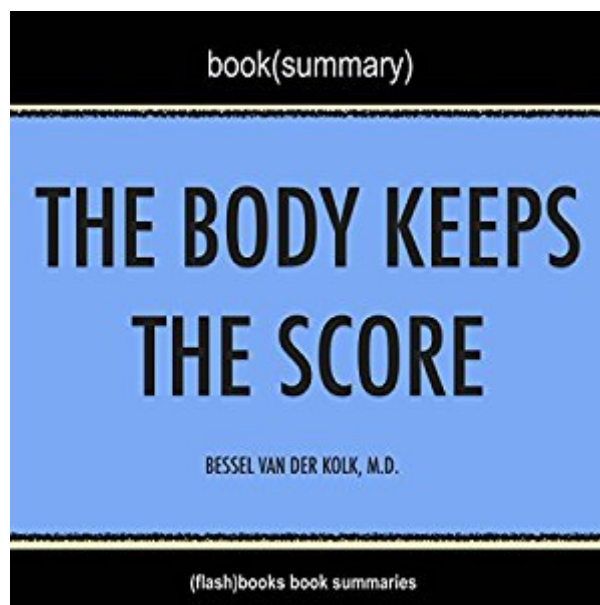


The book was found

Summary Of The Body Keeps The Score: Brain, Mind, And Body In The Healing Of Trauma By Bessel Van Der Kolk, M.D. | Book Summary Includes Analysis



Synopsis

Book Summary: The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel Van der Kolk, MD 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 have engaged in physical violence. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In The Body Keeps the Score, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments - from neurofeedback and meditation to sports, drama, and yoga - that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, The Body Keeps the Score exposes the tremendous power of our relationships both to hurt and to heal - and offers new hope for reclaiming lives.

Book Information

Audible Audio Edition

Listening Length: 28 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: FlashBooks Book Summaries

Audible.com Release Date: August 31, 2016

Language: English

ASIN: B01L7TVVL4

Best Sellers Rank: #122 in Books > Audible Audiobooks > Nonfiction > Study Aids #305

in Books > Medical Books > Psychology > Mental Illness #486 in Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies

Customer Reviews

It has not been authorized by me, the author of The Body keeps the Score, nor its publisher, Penguin Press

[Download to continue reading...](#)

Summary of The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel Van der Kolk, M.D. | Book Summary Includes Analysis The Body Keeps the Score: Brain, Mind, and

Body in the Healing of Trauma by Bessel van der Kolk, MD | Key Takeaways, Analysis & Review
 The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma Trauma Surgery:
 Volume 1: Trauma Management, Trauma Critical Care, Orthopaedic Trauma and Neuro-Trauma
 Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and
 Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train
 Your Brain) De Binnenlanden Van Het District Nickerie: Lotgevallen En Algemeene Uitkomsten Van
 Eene Expeditie Door Het Westelijk Deel Der Kolonie Suriname In ... October Van Het Jaar 1900...
 (Dutch Edition) Summary - The Invention Of Wings: Novel By Sue Monk Kidd --- An Incredible
 Summary (The Invention Of Wings: An Incredible Summary-- Paperback, Hardcover, Summary,
 Audible, Novel, Audiobook Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra
 Healing, Crystal Healing, Self Healing, Reiki Healing) Parlamentarische Demokratie in der
 Europ ischen Union: Der Beitrag des Europ ischen Parlaments und der nationalen Parlamente
 (German Edition) Healing Trauma: Attachment, Mind, Body and Brain (Norton Series on
 Interpersonal Neurobiology) Healing Sex: A Mind-Body Approach to Healing Sexual Trauma
 Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing
 Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing,
 Ayahuasca Book 1) Summary of Pre-suasion: A Revolutionary Way to Influence and Persuade by
 Robert Cialdini PhD: Book Summary Includes Analysis Master Your Mind: Achieve Greatness by
 Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power,
 subconscious mind power, NLP, Neuro Linguistic Programming) Summary of Outliers the Story of
 Success by Malcolm Gladwell: Book Summary Includes Analysis Summary of The Inevitable:
 Understanding the 12 Technological Forces That Will Shape Our Future by Kevin Kelly | Book
 Summary Includes Analysis Crystal Healing: Charge Up Your Mind, Body And Soul - Beginner's
 Journey (Crystal Healing For Beginners, Chakras, Meditating With Crystals, Healing Stones, Crystal
 Magic, Power of Crystals Book 1) Crystal Healing: Charge Up Your Mind, Body And Soul -
 Beginner's Journey (Crystal Healing For Beginners, Chakras, Meditating With Crystals, Healing
 Stones, Crystal Magic, Power of Crystals) (Volume 1) Grain Brain: The Surprising Truth about
 Wheat, Carbs, and Sugar (Your Brain's Silent Killers) by David Perlmutter -- Summary, Review &
 Analysis Summary - Creativity, Inc.: By Ed Catmull - Overcoming the Unseen Forces That Stand in
 the Way of True Inspiration (Creativity, Inc: A Complete Summary ... Book, Paperback, Hardcover,
 Summary Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)