

body keeps the score book

Body Keeps the Score book is a transformative work by renowned psychiatrist Dr. Bessel van der Kolk that explores the profound connection between trauma and the human body. This insightful book has garnered widespread acclaim for its comprehensive approach to understanding how traumatic experiences impact mental, emotional, and physical health, and how healing can be achieved through innovative therapies that focus on the body as well as the mind.

Overview of "The Body Keeps the Score"

Author Background

Dr. Bessel van der Kolk is a clinical psychiatrist, researcher, and educator with decades of experience studying trauma and its effects. His work has significantly shaped modern trauma therapy, emphasizing the importance of understanding the body's role in storing traumatic memories.

Publication and Reception

Published in 2014, "The Body Keeps the Score" quickly became a bestseller and a foundational text for mental health professionals, trauma survivors, and anyone interested in understanding the intricate connection between body and mind. Its compelling case studies, scientific research, and practical insights make it a pivotal resource in trauma recovery.

Core Themes and Concepts

The Body as a Repository of Trauma

One of the central ideas of the book is that traumatic experiences are not just stored in our memories but are also embedded in our bodies. This physical imprint can manifest as chronic pain, emotional numbness, hypervigilance, or dissociation.

Neuroscience of Trauma

Dr. van der Kolk delves into how trauma affects brain structures, particularly the amygdala, hippocampus, and prefrontal cortex. These changes can impair memory processing, emotional regulation, and decision-making.

Disconnection and Its Consequences

The book discusses how trauma often leads to disconnection from one's body, emotions, and sense of self, which can hinder recovery. Re-establishing this connection is crucial for healing.

Key Sections and Insights of the Book

Understanding Trauma

Dr. van der Kolk explains different types of trauma—acute, chronic, complex—and their long-term impacts. He emphasizes that trauma is a highly individual experience but often results in a common set of symptoms, including flashbacks, anxiety, and emotional dysregulation.

Healing Through the Body

A significant portion of the book focuses on therapies that engage the body to facilitate healing:

- **Eye Movement Desensitization and Reprocessing (EMDR):** A therapy that helps process traumatic memories through guided eye movements.
- **Yoga and Mindfulness:** Practices that promote body awareness and emotional regulation.
- **Neurofeedback:** Techniques that help retrain brain activity associated with trauma.
- **Trauma-Sensitive Yoga:** Yoga tailored to trauma survivors to foster safety and self-awareness.

Innovative Therapeutic Approaches

The book showcases cutting-edge therapies such as somatic experiencing, internal family systems therapy, and narrative exposure therapy, highlighting their effectiveness in trauma recovery.

Case Studies and Personal Stories

Throughout the book, Dr. van der Kolk shares compelling stories from trauma survivors, illustrating how these therapies have helped them regain control, rebuild trust, and reclaim their lives.

Practical Implications and Applications

For Mental Health Professionals

"The Body Keeps the Score" serves as a vital resource for clinicians, offering insights into trauma assessment, treatment planning, and the integration of body-based therapies into clinical practice.

For Trauma Survivors

The book provides hope and guidance, emphasizing that healing is possible through approaches that address both the mind and the body. It encourages survivors to explore therapies like yoga, mindfulness, and body awareness exercises as part of their recovery journey.

For Educators and Caregivers

Understanding trauma's impact can inform more compassionate approaches to supporting individuals with trauma histories, fostering environments of safety and trust.

Impact and Criticisms

Influence on Trauma Treatment

"The Body Keeps the Score" has revolutionized trauma therapy by validating the importance of somatic approaches. Its integration of neuroscience, psychology, and body work has influenced a new wave of therapeutic practices.

Criticisms and Limitations

While highly acclaimed, some critics argue that the book may overemphasize certain therapies or lack sufficient empirical evidence for some techniques. However, most agree that it provides a compelling framework for understanding trauma and recovery.

How to Use "The Body Keeps the Score" for Self-Help

For those interested in self-guided trauma recovery, the book offers practical exercises and reflections:

1. Develop awareness of bodily sensations through mindfulness and breathing exercises.
2. Explore gentle movement practices like yoga or tai chi.
3. Practice grounding techniques to manage flashbacks or dissociation.
4. Seek professional guidance when engaging in trauma therapy.

Conclusion: Why "The Body Keeps the Score" Matters

"The Body Keeps the Score" is more than just a book about trauma; it is a call to recognize the profound interconnectedness of body and mind in healing. By integrating scientific research with compassionate storytelling, Dr. Bessel van der Kolk provides a comprehensive roadmap for understanding trauma, fostering resilience, and facilitating recovery. Whether you are a mental health professional, a trauma survivor, or simply someone interested in the complexities of human psychology, this book offers valuable insights that can transform the way we approach healing from trauma.

Further Resources

To deepen your understanding and support trauma recovery, consider exploring:

- Trauma-focused therapy options such as EMDR and somatic experiencing
- Mindfulness and meditation practices
- Support groups and community resources for trauma survivors
- Additional literature by Dr. van der Kolk and other trauma experts

By appreciating the insights shared in "The Body Keeps the Score," we acknowledge the importance of addressing trauma holistically—embracing the body, mind, and spirit in the journey toward healing and wholeness.

Frequently Asked Questions

What is the main focus of 'The Body Keeps the Score' by Bessel van der Kolk?

The book explores how trauma affects the body and mind, emphasizing the importance of understanding and healing trauma through various therapeutic approaches.

How does 'The Body Keeps the Score' explain the connection between trauma and physical health?

It discusses how unresolved trauma can manifest as physical symptoms and illnesses, highlighting the mind-body connection and the importance of holistic healing.

What therapeutic methods are highlighted in 'The Body Keeps the Score' for trauma recovery?

The book covers approaches such as neurofeedback, EMDR, mindfulness, yoga, and body-based therapies that help rewire the brain and facilitate healing.

Why has 'The Body Keeps the Score' become a bestseller among mental health communities?

Because it offers a comprehensive understanding of trauma's impact on the body and effective, evidence-based strategies for healing, making it accessible and insightful for both clinicians and survivors.

Does 'The Body Keeps the Score' address childhood trauma?

Yes, the book extensively discusses how childhood trauma affects brain development and long-term health, and offers strategies for recovery.

How does 'The Body Keeps the Score' contribute to trauma awareness and education?

It raises awareness about the pervasive effects of trauma, educating readers on the importance of recognizing trauma symptoms and seeking appropriate treatment.

Is 'The Body Keeps the Score' suitable for trauma survivors and mental health professionals?

Absolutely; it provides valuable insights for both survivors seeking understanding and healing, as well as clinicians looking for effective therapeutic approaches.

What makes 'The Body Keeps the Score' a groundbreaking book in trauma literature?

Its integration of neuroscience, psychology, and body-centered therapies offers a holistic view of trauma, transforming how trauma is understood and treated.

Additional Resources

The Body Keeps the Score: A Deep Dive into Trauma, Healing, and the Human Mind

Trauma is an intricate and often misunderstood facet of human experience, shaping lives in profound ways that extend beyond emotional scars to influence physical health, cognition, and interpersonal relationships. At the forefront of trauma literature stands "The Body Keeps the Score", authored by Dr. Bessel van der Kolk. This groundbreaking book has transformed the way clinicians, researchers, and the general public understand trauma's pervasive effects on the body and mind, emphasizing the importance of holistic treatment approaches. In this comprehensive review, we will explore the core themes of the book, analyze its contributions to trauma therapy, and examine its implications for mental health understanding and intervention.

Introduction to "The Body Keeps the Score"

"The Body Keeps the Score" was first published in 2014 and quickly garnered acclaim for its compelling synthesis of scientific research, clinical case studies, and personal narratives. Dr. Bessel van der Kolk, a renowned psychiatrist and trauma researcher, meticulously explores how traumatic experiences are stored in the body and how this storage influences mental and physical health long after the traumatic event has passed.

The title itself encapsulates a central thesis: trauma leaves an imprint not only on the psyche but also on the body's physiology. This perspective challenges traditional therapeutic models that primarily focus on talk therapy, advocating instead for integrated approaches that address both mind and body.

Understanding Trauma: Beyond the Emotional Realm

The Neurobiology of Trauma

One of the book's foundational contributions is elucidating how trauma impacts the brain's structure and functioning. Dr. van der Kolk explains that traumatic experiences can alter neural pathways, especially in areas responsible for emotion regulation, memory, and executive functioning.

Key aspects include:

- Amygdala Hyperactivity: The amygdala, the brain's threat detection center, becomes hyperactive in trauma survivors, leading to heightened fear responses even in safe environments.
- Prefrontal Cortex Impairment: The prefrontal cortex, responsible for rational thought and impulse control, shows decreased activity, impairing judgment and emotional regulation.
- Hippocampal Changes: The hippocampus, which processes contextual memory, may shrink or function abnormally, making it difficult for individuals to distinguish between past and present threats.

This neurobiological perspective underscores that trauma is not merely psychological but rooted in tangible brain changes, which can persist long after the event.

Body and Memory: The Embodiment of Trauma

Van der Kolk emphasizes that traumatic memories are often stored not only as fragmented verbal narratives but also as sensory, emotional, and physical sensations. This embodiment explains why trauma can manifest physically—chronic pain, gastrointestinal issues, or cardiovascular problems—without identifiable medical causes.

The book discusses how the body's reactions—such as muscle tension, heartbeat irregularities, or dissociative states—are survival mechanisms that become maladaptive over time. These physical manifestations serve as persistent reminders of trauma, reinforcing the idea that healing must involve the body as well as the mind.

Therapeutic Approaches Explored in the Book

"The Body Keeps the Score" reviews an array of therapeutic modalities, highlighting their strengths and limitations, and advocating for integrated, body-centered interventions.

Traditional Talk Therapy

While cognitive-behavioral therapy (CBT) and other talk therapies are foundational, van der Kolk notes that they may not suffice for trauma survivors whose memories are stored somatically. Talk therapy can sometimes evoke retraumatization if not used carefully, emphasizing the need for supplementary approaches.

Eye Movement Desensitization and Reprocessing (EMDR)

EMDR is highlighted as an effective technique that facilitates the processing of traumatic memories through bilateral stimulation. The book details how EMDR helps rewire maladaptive neural pathways,

reducing the emotional charge of trauma.

Body-Centered Therapies

Van der Kolk advocates for therapies that engage the body directly, including:

- Yoga and Mindfulness: These practices foster awareness of bodily sensations, encouraging grounding and present-moment focus.
- Sensorimotor Psychotherapy: Combines somatic awareness with traditional psychotherapy, addressing trauma stored in the body.
- Neurofeedback: Uses real-time brain activity monitoring to help regulate dysregulated neural circuits.

Innovative and Emerging Treatments

The book also explores emerging therapies such as:

- Art and Expressive Therapies: Facilitating non-verbal expression to access traumatic memories.
- Trauma-Informed Yoga: Tailored yoga practices designed specifically for trauma survivors to restore bodily autonomy.
- Virtual Reality Exposure Therapy: Utilizing immersive technology to safely confront traumatic memories.

The overarching message is clear: successful trauma treatment often requires a multimodal approach that respects the complex interplay of mind and body.

The Role of Social Connection and Environment in Healing

Beyond individual therapies, van der Kolk emphasizes the importance of social support and environmental factors in trauma recovery. He cites evidence that safe, nurturing relationships and community engagement significantly enhance healing outcomes.

Key points include:

- Safety First: Establishing a sense of safety is paramount before processing traumatic memories.
- Building Trust: Therapeutic alliances grounded in trust facilitate openness and vulnerability.
- Community and Connection: Supportive social networks combat isolation, a common consequence of trauma.

The author advocates for trauma-informed care across institutions—schools, workplaces, and healthcare systems—to create environments conducive to healing.

Trauma and Society: Broader Implications

"The Body Keeps the Score" extends its analysis beyond individual treatment, addressing societal and cultural dimensions of trauma.

- Historical Traumas: The book discusses collective traumas like war, genocide, and systemic oppression, illustrating how societal wounds are stored in collective bodies and minds.
- Childhood Adversity: Early trauma has lifelong effects, underscoring the importance of early intervention and preventive measures.
- Trauma-Informed Policies: Van der Kolk advocates for policies that recognize trauma's pervasive impact and prioritize mental health and social support.

By integrating neuroscience, psychology, and social sciences, the book argues that addressing trauma requires systemic change alongside individual therapy.

Critical Reception and Impact

Since its publication, "The Body Keeps the Score" has been lauded for its accessible yet scientifically rigorous approach. It has influenced a generation of clinicians and trauma specialists and has been instrumental in shifting paradigms toward holistic, body-inclusive therapies.

Notable impacts include:

- Increasing awareness of the importance of body awareness in trauma recovery.
- Promoting integrated treatment models combining psychotherapy, somatic therapies, and social support.
- Inspiring further research into neuroplasticity and trauma resilience.

However, some critics note that the book occasionally generalizes treatment efficacy, emphasizing the need for personalized approaches. Nonetheless, its contribution to trauma understanding remains invaluable.

Conclusion: A Paradigm Shift in Trauma Treatment

"The Body Keeps the Score" stands as a seminal work that redefines how we perceive trauma and healing. Its core message—that trauma is stored in the body and must be addressed through integrated, body-aware therapies—has transformed clinical practices and influenced public understanding.

The book underscores that recovery is possible, emphasizing hope, resilience, and the importance of safe, supportive environments. For clinicians, survivors, and anyone interested in the complexities of human psychology, van der Kolk's work offers a compelling blueprint for understanding and healing the wounds that reside within our bodies and minds.

In an era increasingly recognizing the importance of holistic health, "The Body Keeps the Score" reminds us that healing trauma requires listening to the body's silent stories and fostering compassion for the human capacity to recover and thrive.

Body Keeps The Score Book

body keeps the score book: The Body Keeps the Score Bessel van der Kolk, M.D., 2014-09-25 A pioneering researcher and one of the world's foremost experts on traumatic stress offers a bold new paradigm for healing 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. Such experiences inevitably leave traces on minds, emotions, and even on biology. Sadly, trauma sufferers frequently pass on their stress to their partners and children. Renowned trauma expert Bessel van der Kolk has spent over three decades working with survivors. In *The Body Keeps the Score*, he transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neurofeedback, mindfulness techniques, play, yoga, and other therapies. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* offers proven alternatives to drugs and talk therapy—and a way to reclaim lives.

body keeps the score book: Summary: The Body Keeps the Score by Bessel Van Der Kolk M.D. Quick Savant, 2022-05-08 This is a summary book and not intended to replace Dr. Van Der Kolk's original, which is a #1 New York Times bestseller. Essential reading for anyone interested in understanding and treating traumatic stress and the scope of its impact on society." —Alexander McFarlane, Director of the Centre for Traumatic Stress Studies. A pioneering researcher transforms our understanding of trauma and offers a bold new paradigm for healing. Trauma is an unavoidable part of life. One in every five Americans has been abused; one in every four grew up with alcoholics; and one in every three couples has participated in physical violence. Dr. Bessel van der Kolk, one of the world's leading trauma doctors, has worked with survivors for over three decades. He leverages current scientific advancements in *The Body Keeps the Score* to explain how trauma actually reshapes both the body and the brain, jeopardizing patients' capabilities for pleasure, engagement, self-control, and trust. He investigates cutting-edge therapies that activate the brain's innate neuroplasticity, ranging from neurofeedback and meditation to sports, theater, and yoga. *The Body Keeps the Score*, based on Dr. van der Kolk's study and those of other prominent experts, reveals the extraordinary potential of our connections to both damage and heal—and gives fresh hope for recovering lives.

body keeps the score book: THE BODY KEEPS THE SCORE - Summarized for Busy People Goldmine Reads, 2019-02-17 This book summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version. This book is not intended to replace the original book. Instead, we highly encourage you to buy the full version. Trauma happens in everyday life. Veterans and their families experience the aftermath of combat, one in five Americans has been molested, one in four grew up as alcoholic, one in three couples have engaged in physical violence. One of the pioneers on trauma, Dr. Bessel van der Kolk has spent three

decades studying how trauma shapes the body and the brain which affects the trauma victim's capacity for pleasure, engagement, self-control, and trust. He leads us through innovative treatments that offer alternative paths to recovery by activating the brain's neuroplasticity. The Body Keeps the Score shows various studies by leading experts where they expose the power relationships have in hurting and healing—and it shows hope for regaining control over our own lives. Wait no more, take action and get this book now!

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body keeps the score book: The Body Keeps the Score Bessel A. Van der Kolk, 2014

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body keeps the score book: Summary Quality Summaries, 2019-10-03 IMPORTANT NOTE: This is a book summary of The Body Keeps the Score by Bessel Van Der Kolk and is not the original book. Dr. Bessel van der Kolk uses his decades of experience working with trauma to write the book, 'The Body Keeps Score: Brain, Mind, and Body in the Healing of Trauma'. Using his own research and that of other experts in the field, he looks at how traumatic events alter our brains and the way we think, leading to adverse effects in the way we relate with others and how we experience happiness. This book, A Summary of The Body Keeps Score, highlights the key arguments that Dr. van der Kolk makes in his book, giving you a brief yet informative overview of the main points you need to know. Trauma is much closer to home than many of us think. It affects those fleeing wars and veterans returning from combat. Yet it also affects those who grew up with alcoholics or those

who were subjected to physical, emotional or sexual abuse. In his book, Dr. van der Kolk goes into detail about how this changes the way we think and offers an in-depth look at the new treatments that can help overcome trauma and reshape the brain. This summary touches upon those topics in a concise, straightforward way. You get the key snippets and a solid understanding of the book in a fraction of the time, allowing you to start applying your new knowledge immediately. This book is ideal for anyone who has suffered trauma, who knows someone that has, or for those simply curious to understand more about the psychology of trauma. In this book, you will learn: - A review of how traumatic events - whether they're from war or close to home - can physically change the way the brain thinks. - A brief overview of the relationship we have between getting hurt and how we evolve from that. - A look at the treatments available for those who have suffered trauma that can get their lives back on track. - A summary of Dr. van der Kolk's research that lets you know the key points that you need to know immediately. If you're curious to learn more about Dr. van der Kolk's research on trauma and want an easy-to-grasp overview of his work, then this summary is for you. Click below to buy now.

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body keeps the score book: The Body Keeps the Score - Summarized for Busy People: Brain, Mind, and Body in the Healing of Trauma Goldmine Reads, 2019 This book summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version. This book is not intended to replace the original book. Instead, we highly encourage you to buy the full version. Trauma happens in everyday life. Veterans and their families experience the aftermath of combat, one in five Americans has been molested, one in four grew up as alcoholic, one in three couples have engaged in physical violence. One of the pioneers on trauma, Dr. Bessel van der Kolk has spent three decades studying how trauma shapes the body and the brain which affects the trauma victim's capacity for pleasure, engagement, self-control, and trust. He leads us through innovative treatments that offer alternative paths to recovery by activating the brain's neuroplasticity. *The Body Keeps the Score* shows various studies by leading experts where they expose the power relationships have in hurting and healing-and it shows hope for regaining control over our own lives.

body keeps the score book: *The Body Keeps the Score* InstaRead Summaries Staff, 2015-10-23 PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. *The Body Keeps the Score* by Bessel van der Kolk, MD | Key Takeaways, Analysis & Review Preview: In *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*, Bessel van der Kolk, MD, explores the ways in which trauma rewires the brain and changes the way people experience the world. Trauma affects the mind and body immensely and prevents those affected from living in the

present. Van der Kolk, who has researched trauma since the 1970s, first became interested in trauma after meeting with Vietnam veterans who had a very hard time living their lives after returning from the war... Inside this Instaread of *The Body Keeps the Score*: Overview of the book Important People Key Takeaways Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience.

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Do you suffer from Trauma? Do you know that you can Overcome Your Traumatic Stress Easily? FACING TRAUMA I don't know what you know about trauma, but I do know that this book is about to deepen your understanding and give you the enlightenment of Archimedes when he hopped out of his tub butt naked and into the streets screaming Eureka! The author, Dr. Bessel Van Der Kolk, lets us know in this book that trauma doesn't only happen to a specific group of people. It isn't limited to a particular area. It happens everywhere around us: to combat soldiers, to our friends and family, and maybe even to you. Did you know that if there are five people in a room one of them was sexually molested as a child? It would be an outrageous claim to make if it weren't backed up by research done by the Centre for Disease Control and Prevention which revealed that: one in five Americans was sexually molested as a child; one in four was beaten by a parent to the point of a mark being left on their body; and one in three couples engages in physical violence. A quarter of us grew up with alcoholic relatives, and one out of eight people have witnessed their mother being beaten or hit. These are trauma facts, the ones we know of in America. Who knows the values in other continents? Trauma has always existed throughout time, through wars, plagues and famine, leaving traces of its effect everywhere: in our histories and cultures, in our minds and emotions, on our bodies, on our ability to feel love and joy, on our ability to be intimate. As humans we are resilient, continuing to move through time and evolution no matter the event or struggle. But the effects of trauma are not just suffered by those who go through traumatic events, it spreads: to friends and family, especially to family. No one wants to hear their sister got raped. Scroll Up Now and Click the Buy Button to Get Started!

body keeps the score book: Summary: the Body Keeps the Score | Brain, Mind, and Body in the Healing of Trauma | by Bessel Van Der Kolk M. D. Light Light Reads, 2021-07-02 This book is your perfect way to learn about your brain, mind, and body and how to heal from a trauma. You can find out all of the major details of the book right here! Your next book club meeting will have you standing out as the star of the show because you will know all about *The Body Keeps the Score*! Yes, this is a summary, not the actual book. However, this summary contains major plotlines and details, telling the entire book in a quick, concise manner without losing any steam! Top quotes from the book: Trauma, by its very nature, pushes us to the brink of cognition, cutting us off from common language. Understanding how the human body functions is crucial to recovery. The greatest sources of our pain are the lies we tell ourselves. For every soldier who serves in a conflict zone abroad, ten children in their own homes are in danger. In the United States, around three million children are reported as victims of child abuse and neglect each year. More than half of those seeking mental health treatment were abused, abandoned, neglected, or raped as children. Scientists discovered evidence in the 1960s that aberrant levels of norepinephrine and dopamine were linked to depression and schizophrenia, respectively. All of this and much more lies within this book, so don't be shy - buy it now!! Enjoy, and please check out our other summary books! Disclaimer: This is a summary and not the original book.

body keeps the score book: *Summary of The Body Keeps the Score* Readtrepreneur Publishing, 2019-05-24 *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*

by Bessel Van der Kolk - Book Summary - Readtrepreneur (Disclaimer: This is NOT the original book, but an unofficial summary.) An attractive new alternative to tackle traumatic stress other than expensive drugs and talk therapy. Traumatic stress is something that sadly, is getting more and more common. It's effect on the mind and body are atrocious and it can even affect your biology rearranging your brain's wiring. In the past, the common belief was that the only way to attenuate the effects of traumatic stress was going to talk therapy or with expensive prescribed drugs. However, trauma expert Bessel van der Kolk begs to differ. (Note: This summary is wholly written and published by Readtrepreneur. It is not affiliated with the original author in any way) In order to change, people need to become aware of their sensations and the way that their bodies interact with the world around them. Physical self-awareness is the first step in releasing the tyranny of the past. - Bessel A. van der Kolk Having three decades of experience working with survivors, Bessel van der Kolk has developed an array of techniques and methods to reactivate the areas affected by traumatic stress. The alternative offered by this trauma expert offers patients to face their condition in a new way which is also cheaper than the rest. Bessel van der Kolk stresses that the only alternatives to curing traumatic stress are not drugs and talking therapy, his method is science-backed and has obtained amazing results. P.S. The Body Keeps the Score is an amazing book that will show you a method to face traumatic stress that is entirely different than anything done before. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the Buy now with 1-Click Button to Grab your Copy Right Away! Why Choose Us, Readtrepreneur? ● Highest Quality Summaries ● Delivers Amazing Knowledge ● Awesome Refresher ● Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book.

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