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# Waking The Tiger Healing Trauma By Peter A Levine Ann Frederick Chris Sorensen Tantor Audio

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~~and mind healing trauma requires a direct experience of the living feeling knowing animism the principles i m going to share with you are the result of working with clients as well as following clues about the origins of trauma this study has led me into the fields of physiology neuroscience'~~

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book waking the tiger healing trauma 1997 although it was published nearly 20 years

ago it continues to be a fascinating read for anyone either in trauma recovery or

working with others in trauma recovery in this book levine shares his theory that the

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**'holistic healing services for survivors**

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levine how does se work somatic experiencing was  
developed by dr peter levine following his observation  
that animals in the wild do not get traumatized even  
though daily they are faced with life threatening  
situations dr levine observed the mechanisms by which  
animals are able to'

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