



Waking the Tiger: Healing Trauma

By Peter A. Levine

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Nature's Lessons in Healing Trauma...

Waking the Tiger offers a new and hopeful vision of trauma. It views the human animal as a unique being, endowed with an instinctual capacity. It asks and answers an intriguing question: why are animals in the wild, though threatened routinely, rarely traumatized? By understanding the dynamics that make wild animals virtually immune to traumatic symptoms, the mystery of human trauma is revealed.

Waking the Tiger normalizes the symptoms of trauma and the steps needed to heal them. People are often traumatized by seemingly ordinary experiences. The reader is taken on a guided tour of the subtle, yet powerful impulses that govern our responses to overwhelming life events. To do this, it employs a series of exercises that help us focus on bodily sensations. Through heightened awareness of these sensations trauma can be healed.

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Editorial Review

Review

"Every life contains difficulties we are not prepared for. Read, learn, and be prepared for life and healing."
—Bernard S. Siegal, M.D., Author of *Love, Medicine & Miracles* and *Peace, Love, and Healing*

"Fascinating! Amazing! A revolutionary exploration of the effects and causes of trauma."
—Mira Rothenberg, Director Emeritus of Blueberry Treatment Centers for Disturbed Children, Author of *Children With Emerald Eyes*

"It is a most important book. Quite possibly a work of genius."
—Ron Kurtz, Author of *Body Reveals* and *Body-Centered Psychotherapy*

"Levine effectively argues that the body is healer and that psychological scars of trauma are reversible—but only if we listen to the voices of our body."
—Stephen W. Porges, Ph.D., Professor of Human Development and Psychology, University of Maryland

"A vital contribution to the exciting emerging science of mind/body interaction in the treatment of disease."
—Robert C. Scaer, M.D., Neurology, Medical Director, Rehabilitation Services, Boulder Community Hospital

"Peter Levine's work is visionary common sense, pure and simple."
—Laura Huxley, lifetime partner and collaborator of Aldous Huxley

"[*Waking the Tiger*] is an excellent resource for those who have been traumatized or know someone who suffers from trauma, like a soldier returning from war. Finally, there is help that doesn't ask us to relive what happened and re-experience the pain. Instead, it follows the body's wisdom in its search for renewal and healing."
—*Soaring Again*

From the Back Cover

Waking the Tiger offers a new and hopeful vision of trauma. It views the human animal as a unique being, endowed with an instinctual capacity to heal as well as an intellectual spirit to harness this innate capacity. It asks and answers an intriguing question - why are animals in the wild, though threatened routinely, rarely traumatized? By understanding the dynamics that make wild animals virtually immune to traumatic symptoms, the mystery of human trauma is revealed. *Waking the Tiger* normalizes the symptoms of trauma and the steps needed to heal them.

About the Author

Peter Levine, Ph.D. is the originator and developer of Somatic Experiencing® and the Director of the Foundation for Human Enrichment. He holds doctorate degrees in both Medical Biophysics and Psychology. During his thirty year study of stress and trauma, Dr. Levine has contributed to a variety of scientific, medical, and popular publications. His book, *Waking the Tiger: Healing Trauma* is in its fifth printing and receiving wide international attention. Peter was a consultant for NASA during the development of the Space Shuttle, and has taught at hospitals and pain clinics in both Europe and the U.S., as well as at the Hopi Guidance Center in Arizona. He lives near Lyons, Colorado, on the banks of the St. Vrain River.

Users Review

From reader reviews:

Henry Robinson:

The book Waking the Tiger: Healing Trauma gives you the sense of being enjoy for your spare time. You can utilize to make your capable far more increase. Book can to be your best friend when you getting anxiety or having big problem along with your subject. If you can make studying a book Waking the Tiger: Healing Trauma being your habit, you can get more advantages, like add your own capable, increase your knowledge about a few or all subjects. You may know everything if you like start and read a reserve Waking the Tiger: Healing Trauma. Kinds of book are several. It means that, science book or encyclopedia or other folks. So , how do you think about this e-book?

James Rouse:

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Lula Day:

The event that you get from Waking the Tiger: Healing Trauma will be the more deep you digging the information that hide within the words the more you get serious about reading it. It does not mean that this book is hard to understand but Waking the Tiger: Healing Trauma giving you enjoyment feeling of reading. The copy writer conveys their point in certain way that can be understood through anyone who read the item because the author of this book is well-known enough. This book also makes your own vocabulary increase well. That makes it easy to understand then can go to you, both in printed or e-book style are available. We highly recommend you for having that Waking the Tiger: Healing Trauma instantly.

Brenda Anderson:

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