

# Waking The Tiger: Healing Trauma By Peter A. Levine



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is the originator and developer of Somatic Experiencing and the director of The Somatic Experiencing Trauma Peter A. Levine, Health & Healing;

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Waking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences. By Peter Levine Published in 1997 by North Atlantic Books

## **Peter a. levine (author of waking the tiger) -**

About Peter A. Levine: Peter A. Levine, Waking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences by Peter A. Levine,

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Waking the Tiger : Healing Trauma : The Innate Capacity to Transform Overwhelming Experiences by Ann Frederick, Peter A. Levine. (Paperback 9781556432330)

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Aug 16, 2009 Peter uses his famous "Slinky" presentation to demonstrate the effects of trauma on the nervous system, and his philosophy of treating trauma; which

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This article is excerpted from the book Waking the Tiger: Healing Trauma. Peter A. Levine, PhD, Clinical Consultant for The Meadows, Mellody House,

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3 quotes from Waking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences: Resilient strength is the opposite of helples

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