



Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body

By Peter A. Levine

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Trauma is perhaps the most avoided, ignored, denied, misunderstood, and untreated cause of human suffering. But what is trauma-and how do we heal it?

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Editorial Review

About the Author

Peter A. Levine received his Ph.D. in medical and biological physics from the University of California at Berkeley, and also holds a doctorate in psychology from International University. During his 35-year study of stress and trauma, he has contributed to scientific and medical publications and served as consultant for NASA's space shuttle project. He has taught at the Hopi Guidance Center and at hospitals, trauma centers and pain clinics throughout the world.

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What the author achieves here is a remarkably complete lesson on how the human organism can recover from trauma by physiologically releasing the experience. Through references to mythology, animal behavior studies, some fascinating anecdotes, and current mental health practices, Levine weaves a case for his theory that makes intuitive sense. The program integrates this physiological approach with a thoughtful consideration of interpersonal and emotional approaches to healing. Recovery can't be done alone, he says. The author's reading is slow, and it's a long program; but there's no excess content, and one adapts quickly to the pace. The author is genuine, knowledgeable and clearly focused on helping his listeners benefit from the program. T.W. © AudioFile 2001, Portland, Maine-- *Copyright © AudioFile, Portland, Maine*

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