

# [PDF] Waking The Tiger: Healing Trauma

**Peter A. Levine, Paul Costanzo, Ann Frederick - pdf  
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**Books Details:**

Title: Waking the Tiger: Healing Tra

Author: Peter A. Levine, Paul Costan

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**Description:**

**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* --This text refers to the edition.

**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. --This text refers to the edition.

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