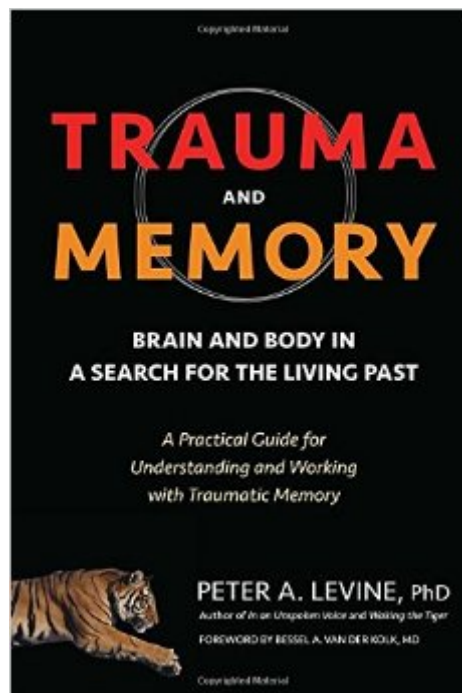


The book was found

Trauma And Memory: Brain And Body In A Search For The Living Past: A Practical Guide For Understanding And Working With Traumatic Memory



Synopsis

In *Trauma and Memory*, bestselling author Dr. Peter Levine (creator of the Somatic Experiencing approach) tackles one of the most difficult and controversial questions of PTSD/trauma therapy: Can we trust our memories? While some argue that traumatic memories are unreliable and not useful, others insist that we absolutely must rely on memory to make sense of past experience. Building on his 45 years of successful treatment of trauma and utilizing case studies from his own practice, Dr. Levine suggests that there are elements of truth in both camps. While acknowledging that memory can be trusted, he argues that the only truly useful memories are those that might initially seem to be the least reliable: memories stored in the body and not necessarily accessible by our conscious mind. While much work has been done in the field of trauma studies to address "explicit" traumatic memories in the brain (such as intrusive thoughts or flashbacks), much less attention has been paid to how the body itself stores "implicit" memory, and how much of what we think of as "memory" actually comes to us through our (often unconsciously accessed) felt sense. By learning how to better understand this complex interplay of past and present, brain and body, we can adjust our relationship to past trauma and move into a more balanced, relaxed state of being. Written for trauma sufferers as well as mental health care practitioners, *Trauma and Memory* is a groundbreaking look at how memory is constructed and how influential memories are on our present state of being.

Book Information

Paperback: 206 pages

Publisher: North Atlantic Books (October 27, 2015)

Language: English

ISBN-10: 1583949941

ISBN-13: 978-1583949948

Product Dimensions: 5.9 x 0.6 x 9 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (35 customer reviews)

Best Sellers Rank: #15,615 in Books (See Top 100 in Books) [#25 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder](#) [#37 in Books > Health, Fitness & Dieting > Psychology & Counseling > Psychotherapy, TA & NLP](#) [#59 in Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies](#)

Customer Reviews

What do you do when talk therapies don't work? Could it be because your traumatic experiences are trapped deeper in the mind, in emotional and procedural (body) memory? In this groundbreaking book, Peter Levine, the creator of Somatic Experiencing, applies his 45 years of clinical experience with trauma survivors to the investigation and understanding of traumatic memory. Whether you are a healer or a survivor, this book is incredibly useful. I was especially drawn to the chapter "The Hero's Journey." Using case examples, Levine explains the processes that a survivor must go through, especially the push and pull of integrating traumatic memories into a narrative conception of self. (Having been born prematurely, I was deeply moved by his work with a child who had a medically difficult birth, and showed signs of trauma). The body holds on to our traumas, seeking resolution from those moments when our nervous systems were overloaded and our survival instincts could not respond adequately at the time. Like the heroes and heroines of myth, we must embark on a dark and mysterious journey into the deepest parts of ourselves. Healing, the boon of the journey, is not for the faint of heart. Throughout, though, Levine emphasizes the inherent drive for survival, even flourishing, inherent in all beings (and he even backs it with neuroscience!). Survivors are not victims, nor failures. The body may act as if a survivor has failed, trapping him in a feedback loop of trigger and response. But ultimately, we survived. We will triumph. Thus Levine writes about survivors with great warmth and encouragement. For me, this book explained so much of my own healing journey, and why certain therapies and modalities have not worked.

[Download to continue reading...](#)

Trauma and Memory: Brain and Body in a Search for the Living Past: A Practical Guide for Understanding and Working with Traumatic Memory Word Search Book for Adults: Word Search Puzzles to Improve Memory and Exercise: word search, word search books, word search books for adults, adult word search books, word search puzzle books Word Search Puzzles Large Print: Large print word search, Word search books, Word search books for adults, Adult word search books, Word search puzzle books, Extra large print word search Coping with Concussion and Mild Traumatic Brain Injury: A Guide to Living with the Challenges Associated with Post Concussion Syndrome and Brain Trauma Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) BRAIN: 51 Powerful Ways to Improve Brain Power, Enhance Memory, Intelligence and Concentration NATURALLY! (MEMORY, Memory Improvement, Learning, Brain

Training) The Oxygen Revolution: Hyperbaric Oxygen Therapy: The New Treatment for Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury, Stroke, Autism and More Why Isn't My Brain Working?: A revolutionary understanding of brain decline and effective strategies to recover your brain's health Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Warriors Word Scramble: Word Scramble Games - Word Search, Word Puzzles And Word Scrambles (Word Games, Brain Games, Word Search, Word Search Games, Word ... Scramble, Word Scrabble, Unscramble Word) Past Life Regression: A Practical Guide To Understanding PLR - Learn How To Release Past Fear, Unlock Hidden Powers, & Gain Insight On Your Life's Purpose. ... Hypnosis, Death, Dreams, Spirituality) Brain, Heal Thyself: A Caregiver's New Approach to Recovery from Stroke, Aneurism, and Traumatic Brain Injury BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk, MD | Key Takeaways, Analysis & Review Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Brain Training And Brain Games for Memory Improvement: Concentration and Memory Improvement Strategies with Mind Mapping (New for 2015) Memory Manipulation: How to Train Your Brain to Think Faster, Concentrate More, and Remember Anything: Learn Memory Improvement and Boost Your Brain Power The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment (Norton Professional Book)

[Dmca](#)