
Waking The Tiger

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Waking the Tiger: Healing Trauma

The Innate Capacity to Transform Overwhelming Experiences *North Atlantic Books*

Now in 24 languages. 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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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.

Healing Trauma

A Pioneering Program for Restoring the Wisdom of Your Body *Sounds True*

Researchers have shown that survivors of accidents, disaster, and childhood trauma often endure lifelong symptoms ranging from anxiety and depression to unexplained physical pain, fatigue, illness, and harmful "acting out" behaviors. Today, professionals and

clients in both the bodywork and the psychotherapeutic fields nationwide are turning to Peter A. Levine's breakthrough Somatic Experiencing® methods to actively overcome these challenges. In *Healing Trauma*, Dr. Levine gives you the personal how-to guide for using the theory he first introduced in his highly acclaimed work *Waking the Tiger*. Join him to discover: how to develop body awareness to "renegotiate" and heal traumas by "revisiting" them rather than reliving them; emergency "first-aid" measures for times of distress; and nature's lessons for uncovering the physiological roots of your emotions." *Trauma is a fact of life,*" teaches Peter

Levine, "but it doesn't have to be a life sentence." Now, with one fully integrated self-healing tool, he shares his essential methods to address unexplained symptoms of trauma at their source—the body—to return us to the natural state in which we are meant to live in.

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A Tiger Shows the Way

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About Sounds True

Excerpt

Trauma is the most avoided, ignored, denied, misunderstood, and untreated cause of human suffering. When I use the word trauma, I am talking here about the often debilitating symptoms that many people suffer from in the aftermath of perceived life-threatening or overwhelming experiences. Recently, trauma has been used as a buzzword to replace everyday stress, as in, "I had a traumatic day at work." However, this use is completely misleading. While it is true that all traumatic events are stressful, all stressful events are not traumatic. Unique to

Each Individual When it comes to trauma, no two people are exactly alike. What proves harmful over the long term to one person may be exhilarating to another. There are many factors involved in the wide range of response to threat. These responses depend upon genetic make-up, an individual's history of trauma, even his or her family dynamics. It is vital that we appreciate these differences. Simply knowing that certain kinds of early childhood experiences can severely diminish our ability to cope and be present in the world may elicit compassion and support rather than harsh judgment, both for ourselves and for others. Perhaps the most important thing I have learned about trauma is that people, especially children, can be overwhelmed by what we usually think of as common everyday events. Until recently, our understanding of trauma was limited to "shell-shocked" soldiers who have been devastated by war, victims of severe abuse or violence, and those who have suffered catastrophic accidents and injuries. This narrow view could not be further from the truth. The fact is that, over time, a series of seemingly minor mishaps can have a damaging effect on a person. Trauma does not have to stem from a major catastrophe. Some common triggering events include:

- Automobile accidents (even fender

benders) • Routine invasive medical procedures • Loss of loved ones • Natural disasters, such as earthquakes and hurricanes Even falling off a bicycle can be overwhelming to a child under certain circumstances. We will discuss those circumstances later. For now, I will simply say that almost all of us have experienced some form of trauma, either directly or indirectly.

In an Unspoken Voice

How the Body Releases Trauma and Restores Goodness *North Atlantic Books*

****Unraveling Trauma in the Body, Brain and Mind—a Revolution in Treatment**** In this

culmination of his life's work, Peter A. Levine draws on his broad experience as a clinician, a student of comparative brain research, a stress scientist and a keen observer of the naturalistic animal world to explain the nature and transformation of trauma in the body, brain and psyche. In an *Unspoken Voice* is based on the idea that trauma is neither a disease nor a disorder, but rather an injury caused by fright, helplessness and loss that can be healed by engaging our innate capacity to self-regulate high states of arousal and intense emotions. Enriched with a coherent theoretical framework and compelling case examples, the book

elegantly blends the latest findings in biology, neuroscience and body-oriented psychotherapy to show that when we bring together animal instinct and reason, we can become more whole human beings.

Waking the Tiger

Singapore, 1939 A young Japanese woman is found dead on the dockside, her throat slashed Inspector Maximo Betancourt is working a new beat, one he didn't ask for. Following the disappearance of his wife, his life and career have fallen apart. A distinctive tiger tattoo is the only clue to her identity Once a rising star of Singapore CID, Betancourt has been relegated to the Marine Division, with tedious dockyard disputes and

goods inspections among his new duties. Who is she? And why are the authorities turning a blind eye? But when a beautiful, unidentified Japanese woman is found murdered in the shadow of a warehouse owned by one of Singapore's most powerful families, Betancourt defies orders and pursues those responsible. What he discovers will bring him into conflict with powerful enemies, and force him to face his personal demons.

Waking the Tiger

A Novel of Sri Lanka
Pilgrims Process, Inc.

Waking the Tiger is a novel set in late-1950s Sri Lanka, a country at the edge of a gathering storm of violence. Feinberg weaves a

complex story of the clash between cultures and castes, expats and ex-colonials, Hindu swamis and Buddhist priests, politicians and entrepreneurs, Sinhalese and Tamils, idealism and realism. Filled with vivid accounts of local customs and locales, *Waking the Tiger* sardonically describes the underbelly of an apparent paradise. Feinberg lived in Sri Lanka with his family from 1957-1958, when he was Fulbright lecturer in American Literature at the University of Ceylon.

Don't Wake Up the Tiger *Candlewick Press*

Tiger is fast asleep, but oh dear! She's lying completely in the way. Just how will the animals get past

without waking her up? Luckily, Frog has an excellent idea and, holding his balloon, he floats right over sleeping Tiger! Fox is next, followed by Tortoise, Mouse and Stork, but it will be tricky for them all to get past without Tiger noticing! It's a good job that the reader is there to help keep Tiger asleep, isn't it? But where exactly are they going with all those big shiny balloons? Do you think it might be someone's birthday? Can you guess who?

Trauma and Memory

Brain and Body in a Search for the Living Past: A Practical Guide for Understanding and Working with Traumatic Memory *North Atlantic Books*

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.

Healing Trauma: Attachment, Mind, Body and Brain (Norton Series on Interpersonal Neurobiology) W. W. Norton & Company

Born out of the excitement of a convergence of ideas and passions, this book provides a synthesis of the work of researchers, clinicians, and theoreticians who are leaders in the field of trauma, attachment,

and psychotherapy. As we move into the third millennium, the field of mental health is in an exciting position to bring together diverse ideas from a range of disciplines that illuminate our understanding of human experience: neurobiology, developmental psychology, traumatology, and systems theory. The contributors emphasize the ways in which the social environment, including relationships of childhood, adulthood, and the treatment milieu change aspects of the structure of the brain and ultimately alter the mind.

Trauma Through a Child's Eyes

Awakening the

Ordinary Miracle of Healing *North Atlantic Books*

An essential guide for recognizing, preventing, and healing childhood trauma, from infancy through adolescence—what parents, educators, and health professionals can do. Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents such as auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit, resulting in anxiety, nightmares, depression, physical illnesses, addictions,

hyperactivity, and aggression. Rich with case studies and hands-on activities, *Trauma Through a Child's Eyes* gives insight into children's innate ability to rebound with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma.

Awakening the Tiger Within**9 Paths to Healing and Empowerment**

Heartsong shows the nine paths to awakening the tiger within--one's inner power and guidance--to access the joy, fulfillment, and healing that may be missing from life.

Trauma-Proofing Your Kids

**A Parents' Guide for
Instilling
Confidence, Joy and
Resilience** *North
Atlantic Books*

Now in 15 languages. Understand the different types of upsets and traumas your child may experience—and learn how to teach them how to be resilient, confident, and even joyful. The number of anxious, depressed, hyperactive and withdrawn children is staggering—and still growing! Millions have experienced bullying, violence (real or in the media), abuse or sexual molestation. Many other kids have been traumatized from more “ordinary” ordeals such as terrifying medical procedures, accidents, loss and divorce. Trauma-Proofing Your

Kids sends a lifeline to parents who wonder how they can help their worried and troubled children now. It offers simple but powerful tools to keep children safe from danger and to help them “bounce back” after feeling scared and overwhelmed. No longer will kids have to be passive prey to predators or the innocent victims of life’s circumstances. In addition to arming parents with priceless protective strategies, best-selling authors Dr. Peter A. Levine and Maggie Kline offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them. Trauma-Proofing Your Kids is a treasure trove of simple-to-follow “stress-busting,”

boundary-setting, sensory/motor-awareness activities that counteract trauma's effect on a child's body, mind and spirit. Including a chapter on how to navigate the inevitable difficulties that arise during the various ages and stages of development, this ground-breaking book simplifies an often mystifying and complex subject, empowering parents to raise truly confident and joyful kids despite stressful and turbulent times.

All the Way to the Tigers

A Memoir Anchor

One of NPR's Best Books of the Year From the author of *Nothing to Declare*, a moving travel narrative

examining healing, redemption, and what it means to be a solo woman on the road. In February 2008, a casual afternoon of ice skating derailed the trip of a lifetime. Mary Morris was on the verge of a well-earned sabbatical, but instead she endured three months in a wheelchair, two surgeries, and extensive rehabilitation. One morning, when she was supposed to be in Morocco, Morris was lying on the sofa reading *Death in Venice*, casting her eyes over these words again and again: "He would go on a journey. Not far. Not all the way to the tigers." Disaster shifted to possibility and Morris made a decision. When she was well enough to

walk again, she would go “all the way to the tigers.” So begins a three-year odyssey that takes Morris to India on a tiger safari in search of the world’s most elusive apex predator. Written in over a hundred short chapters accompanied by the author’s photographs, this travel memoir offers an elegiac, wry, and wise look at a woman on the road and the glorious, elusive creature she seeks.

Children with Emerald Eyes

Histories of Extraordinary Boys and Girls *North Atlantic Books*

Mira Rothenberg pioneered both the clinical distinction and treatment protocol for autistic and severely

disturbed children as separate from those for the mentally retarded. Winner of a Woman of the Year award from the New York City Chamber of Commerce and the National Organization for Mentally Ill Children, she eloquently recounts a lifetime of taking on seemingly hopeless cases and bringing these children, through painstaking therapy and love, back into the world. Unflinchingly honest, whether dealing with the raw pain of her patients’ lives or with Rothenberg’s own complex feelings for them, *Children with Emerald Eyes* explores the landscape of mental illness while never losing sight of the humanity within each patient.

Taming the Tiger

How to Heal Your Past with EMDR Therapy

*Independently
Published*

We live in a world ripped apart by trauma. Just turn on the news, and there it is. Another war, another attack, another epidemic. And even if we turn off the news, we're left with the reality of our lives, and the challenges within our own families. Illness, death, broken relationships... and there's our regrets... our doubts... our insecurities, and our fears... all amplified by unhealed wounds from the past. So often, we try to ignore these wounds. But over time, it catches up with us. Whether we like to

admit or not, our past shapes us. It shapes not only how we see the world, but it literally changes our brains. From 1995-1997 Kaiser Permanente did a massive study of over 17,000 subjects to try and better understand the way trauma experienced in childhood impacted individuals long-term. In what is now known as the (ACE) study, because it focused on "Adverse Childhood Experiences," subjects completed confidential surveys, allowing researchers to gather data on their experiences of physical, sexual, and emotional abuse; emotional and physical neglect; and negative household experiences like divorce, addiction, violence and

incarceration... and the results were jaw-dropping. The researchers found that not only were these adverse childhood experiences very common, but that as the number of these experiences increased, so did the individual's risk for a whole host of problems later in life. One might expect that there would be some mental health issues because of childhood pain... but the big surprise was the direct link between these painful experiences and an increased likelihood of having medical and socio-economic problems later in life... like addiction, heart disease, liver disease, financial stress, academic problems, risky behaviors, suicide attempts, and domestic violence. One of the big takeaways from this study was the importance of not only trying to minimize and prevent these painful experiences from happening, but also... (here's where EMDR comes in)... also trying to heal the emotional trauma so that these problems later in life don't have to manifest the same way. Yes, there is a silver lining in all this. There is a ray of light in the midst of so much darkness in this world. With EMDR therapy, trauma can permanently heal, allowing individuals to live healthier, more joyful lives, and break the destructive patterns passed down from generation to generation. In this sense, EMDR truly can change the world! And I'm so honored to tell

you about it. My name is Mark Odland, and I'd like to personally welcome you to this crash course on EMDR therapy and how it can transform your life. EMDR therapy is, simply put, the most groundbreaking and powerful therapy out there. Its 8-phase process is highly researched, and has been empirically validated by over 2 dozen randomized studies of trauma victims. It's recognized by the American Psychiatric Association, the Department of Veterans Affairs, and the Department of Defense. It's also one of only two trauma therapies endorsed today by the World Health Organization for treating PTSD. From the outside, it can look a little too good to be true. But the research doesn't lie. EMDR is the real deal, and it's here to stay. But to be clear, this course itself is not EMDR therapy, because EMDR is something you'd receive over the course of several weeks or months from a trained, mental health professional. This course itself isn't therapy, and it's not a quick fix. But it is an in-depth introduction to EMDR therapy. My goal is to take the mystery out of it... to pull back the curtain to show you exactly what it is, how it works, why it works, and how it can help you or someone you love find lasting healing from trauma. Knowledge is power, and my hope is that this course helps you see, and believe, that emotional pain doesn't

have to have the last word. That old hurts can, in fact, heal... permanently.

The Tiger Rising

Candlewick Press

A National Book Award finalist by Newbery Medalist Kate DiCamillo. Walking through the misty Florida woods one morning, twelve-year-old Rob Horton is stunned to encounter a tiger—a real-life, very large tiger—pacing back and forth in a cage. What’s more, on the same extraordinary day, he meets Sistine Bailey, a girl who shows her feelings as readily as Rob hides his. As they learn to trust each other, and ultimately, to be friends, Rob and Sistine prove that some things—like memories, and

heartache, and tigers—can’t be locked up forever. Featuring a new cover illustration by Stephen Walton and an excerpt of Kate DiCamillo’s newest novel, Raymie Nightingale.

Heal the Body, Heal the Mind

A Somatic Approach to Moving Beyond Trauma

New

Harbinger Publications

Traumatic events can leave mental and physical scars—but these scars don’t have to define you. *Heal the Body, Heal the Mind* takes trauma survivors on a supportive and healing journey toward well-being. By practicing the somatic exercises and mind-body interventions in this compassionate guide, you’ll learn to

move past difficult experiences, restore relationships, and cultivate spiritual awareness. When trauma occurs, the logical mind is hijacked and physiology takes over in an effort to protect you. This leaves an imprint—your body wants to ensure that nothing like that will ever happen again. Being reminded of a traumatic event can trigger these automatic responses, leaving you feeling paralyzed or unable to take action. This book will help you understand why and how unresolved trauma can infiltrate all aspects of your life, including your mind and body—even when you're not aware of its influence. With *Heal the Body, Heal the Mind* as a gentle guide, you'll learn about different types of trauma, find helpful assessments, and discover how traumatic experiences—even childhood and incidental traumas—can affect all aspects of your life: your relationship choices, the roles you play in them, your sense of pleasure and desire, and how you approach your career, spirituality, and interactions with others. Using the combination of mind-body interventions, cognitive behavioral theories, research, case studies, and exercises woven into each chapter of this warm-hearted, relatable book, you'll begin to address the unresolved trauma held in your body and advance your healing

process. So, if you're ready to move beyond the trauma that's been holding you back in your relationships, at work, and in your spiritual practice, this guide will show you how.

Why Mosquitoes Buzz in People's Ears

A West African Tale
Penguin

A retelling of a traditional West African tale that reveals how the mosquito developed its annoying habit.

The Night Tiger

A Novel *Flatiron Books*
The Reese Witherspoon x Hello Sunshine Book Club Pick
INSTANT NEW YORK TIMES BESTSELLER “A

sumptuous garden maze of a novel that immerses readers in a complex, vanished world.” —Kirkus (starred review) An utterly transporting novel set in 1930s colonial Malaysia, perfect for fans of Isabel Allende and Min Jin Lee Quick-witted, ambitious Ji Lin is stuck as an apprentice dressmaker, moonlighting as a dancehall girl to help pay off her mother's Mahjong debts. But when one of her dance partners accidentally leaves behind a gruesome souvenir, Ji Lin may finally get the adventure she has been longing for. Eleven-year-old houseboy Ren is also on a mission, racing to fulfill his former master's dying wish: that Ren find the man's

finger, lost years ago in an accident, and bury it with his body. Ren has 49 days to do so, or his master's soul will wander the earth forever. As the days tick relentlessly by, a series of unexplained deaths racks the district, along with whispers of men who turn into tigers. Ji Lin and Ren's increasingly dangerous paths crisscross through lush plantations, hospital storage rooms, and ghostly dreamscapes. Yangsze Choo's *The Night Tiger* pulls us into a world of servants and masters, age-old superstition and modern idealism, sibling rivalry and forbidden love. But anchoring this dazzling, propulsive novel is the intimate coming-of-age of a child and a young

woman, each searching for their place in a society that would rather they stay invisible. "A work of incredible beauty... Astoundingly captivating and striking... A transcendent story of courage and connection." —Booklist (starred review)

The Revolutionary Trauma Release Process

Transcend Your Toughest Times
Namaste Pub Incorporated

Life is stressful, anxiety provoking, and frequently traumatic. The result is that many of us are hurting, and often we are unaware of how deep our pain runs. These experiences aren't simply over and done

with once they have passed. They each leave their mark, etched deep into both the psyche and the body. This affects how well we function from this point onwards. The Revolutionary Trauma Release Process shows what stress, anxiety, and trauma do to our mental wellbeing and physical health. Despite the suffering we experience in life, Dr. Berceli argues that even the most damaging events can become a pathway to a more fulfilling and meaningful life. The magic of The Revolutionary Trauma Release Process is that it can be utilized by anyone, any place on the planet. The process can reestablish a person's equilibrium, stabilize their life, and turn them to an

emotionally healthy place.

Sleep Like a Tiger

*Houghton Mifflin
Harcourt*

At bedtime a young girl asks "Does everything in the world go to sleep?"

The Rough Guide to Psychology

Penguin
Why are we the way we are? For over a hundred years psychologists have been conducting scientific experiments to find out. The Rough Guide to Psychology starts with you, your mind and brain, broadens out to your friends and other relationships, then onto crowds, mobs and religion. There are also sections on real-life psychology, showing how the latest research is relevant to crime,

schooling, sports, politics, shopping, and health. There are opportunities to test your own memory, intelligence, personality, and much more, as well as advice on everything from pick-up lines to creativity. This book takes a fresh look at the classic cases and studies, from Phineas Gage to Milgram, and combines this with a cutting-edge round-up of the latest research. The last section deals with what happens when the mind falters, covering depression, anxiety, schizophrenia, as well as more unusual conditions. Care is taken throughout to ensure conclusions are tied to the latest high quality psychological science.

The Living Sea of

Waking Dreams

A novel *Vintage*

From the acclaimed Booker Prize-winning author comes a dazzling novel of family, love and love's disappointments. Anna's aged mother is dying. Condemned by her children's pity to living, subjected to increasingly desperate medical interventions, she turns her focus to her hospital window, through which she escapes into visions of horror and delight. When Anna's finger vanishes and a few months later her knee disappears, Anna too feels the pull of the window. She begins to see that all around her, others are similarly vanishing, yet no one else notices. All Anna can do is keep her mother alive. But the

window keeps opening wider, taking Anna and the reader ever deeper into an eerily beautiful story of grief and possibility, of loss and love and orange-bellied parrots. Hailed on publication in Australia as Richard Flanagan's greatest novel yet, *The Living Sea of Waking Dreams* is a rising ember storm illuminating what remains when the inferno beckons: one part elegy, one part dream, one part hope.

Body-centered Psychotherapy

The Hakomi Method : the Integrated Use of Mindfulness, Nonviolence, and the Body *Liferhythm*

This is a revised edition.

Polyvagal Flip Chart:

Understanding the Science of Safety (Norton Series on Interpersonal Neurobiology) *W. W.*

Norton & Company

Offers therapists a low tech-high impact, interactive way to explain polyvagal theory to clients. When clients are stuck in the cognitive experience of their story, an explanation of polyvagal theory helps to bring their attention to the autonomic experience— to bring the importance of the biology of their experience back into awareness. Yet polyvagal theory can be challenging and intimidating to explain. This flip chart offers therapists an easy, standardized way to support clients in understanding the role of the autonomic

nervous system in their lives. Using a flip chart makes psycho-education an interactive experience. Therapists can feel confident in teaching their clients polyvagal theory by following the chart. With a flip chart visible during sessions, the therapist can: remind clients of the ways the autonomic nervous system has been shaped and is active in their daily living experience, display a page corresponding to the present moment, thus anchoring that experience in the theory, keep a page of the hierarchy visible when working with a client's habitual response pattern.

Getting Past Your Past

Take Control of Your Life with Self-Help Techniques from EMDR Therapy *Rodale*

A totally accessible user's guide from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide. Whether we've experienced small setbacks or major traumas, we are all influenced by memories and experiences we may not remember or don't fully understand. *Getting Past Your Past* offers practical procedures that demystify the human condition and empower readers looking to achieve real change. Shapiro, the creator of EMDR (Eye Movement Desensitization and

Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that don't serve us. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and performers. An easy conversational style, humor and fascinating real life stories make it simple to understand the brain science, why we get stuck in various

ways and what to do about it. Don't let yourself be run by unconscious and automatic reactions. Read the reviews below from award winners, researchers, academics and best selling authors to learn how to take control of your life.

Wake a Sleeping Tiger *Penguin*

Once, he was Judd - Bengal Breed and brother to the notorious fugitive Gideon. After Gideon disappeared, Judd was experimented on until his tortured body knew nothing but agony. Now, he is Cullen Maverick, serving as the commander of a Covert Law Enforcement Agency in Arizona. The genetics of the animal he was created to possess are

forever silent. Or so he thought. His tiger is about to be awakened by the one woman destined to be his - Chelsea Martinez. And their world will never be the same.

The Tiger who Would be King

Gorgeously illustrated in a large-format album with two gatefolds and a stunning foldout of a jungle at war, *The Tiger Who Would Be King* is as entertaining as it is wise, as wry as it is passionate. Yoon's humorous images support this beautifully written text with wit and insight, playing up the comic elements, while showing the pathos as well.

The Body Keeps the Score

Brain, Mind, and

Body in the Healing of Trauma *Penguin*

#1 New York Times bestseller "Essential reading for anyone interested in understanding and treating traumatic stress and the scope of its impact on society."

—Alexander McFarlane, Director of the Centre for Traumatic Stress Studies A pioneering researcher transforms our understanding of trauma and offers a bold new paradigm for healing in this New York Times bestseller *Trauma* is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der

Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both

to hurt and to heal—and offers new hope for reclaiming lives.

Neurosculpting

A Whole-Brain Approach to Heal Trauma, Rewrite Limiting Beliefs, and Find Wholeness *Sounds True*

The synthesis of meditation and modern neuroscience has sparked a revolution—more than ever, we can use specific practices to create positive, lasting changes in our brains. Lisa Wimberger experienced the power of neuroplasticity firsthand. When conventional medicine offered no answers for her deadly seizures, she created her own regimen of meditation and life practices to

heal herself. Today, Lisa has successfully taught her Neurosculpting® method to veterans, first responders, and clients in the most stressful occupations. With Neurosculpting, she brings readers a complete guide to this life-changing process, featuring transformative insights and techniques for:

- Engaging the mind-body connection to shape our neural pathways with positive choices and intentions
- Disarming stress triggers, healing trauma, rewriting limiting beliefs, and liberating yourself from unhealthy habits
- Whole-brained meditation—bringing your brain's left and right hemispheres into harmony to awaken your full potential

Integrating lifestyle, diet, exercise, and spiritual practice to create the ideal environment for healing and happiness

- Putting it all together—practical guidance for personalizing your own approach to Neurosculpting

"If you could learn to squeeze the vibrancy and beauty out of each moment of your life," writes Wimberger, "would you say yes to a practice that could get you there?" With an engaging, layman-friendly style that encompasses cutting-edge neuroscience and our human capacity for hope, free will, love, and spirituality, she offers a breakthrough guide for taking charge of our health, happiness, and personal growth.

The Tiger *Magnetic Press*

"First published in France in 2011 by Ankama Editions"--Colophon.

I Had a Black Dog *Hachette UK*

'I Had a Black Dog says with wit, insight, economy and complete understanding what other books take 300 pages to say. Brilliant and indispensable.' - Stephen Fry 'Finally, a book about depression that isn't a prescriptive self-help manual. Johnston's deftly expresses how lonely and isolating depression can be for sufferers. Poignant and humorous in equal measure.' Sunday Times There are many different breeds of Black Dog affecting millions of people from all walks of life. The

Black Dog is an equal opportunity mongrel. It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life. Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel.

Call of the Wild

How We Heal Trauma, Awaken Our Own Power, and Use It For Good *HarperCollins*

From trauma educator and somatic guide Kimberly Ann Johnson comes a cutting-edge guide for tapping into

the wisdom and resilience of the body to rewire the nervous system, heal from trauma, and live fully. In an increasingly polarized world where trauma is often publicly renegotiated, our nervous systems are on high alert. From skyrocketing rates of depression and anxiety to physical illnesses such as autoimmune diseases and digestive disorders, many women today find themselves living out of alignment with their bodies. Kimberly Johnson is a somatic practitioner, birth doula, and postpartum educator who specializes in helping women recover from all forms of trauma. In her work, she's seen the same themes play out time and again. In a culture that prioritizes executive function and "mind over matter," many women are suffering from deeply unresolved pain that causes mental and physical stagnation and illness. In *Call of the Wild*, Johnson offers an eye-opening look at this epidemic as well as an informative view of the human nervous system and how it responds to difficult events. From the "small t" traumas of getting ghosted, experiencing a fall-out with a close friend, or swerving to avoid a car accident to the "capital T" traumas of sexual assault, an upending natural disaster, or a life-threatening illness—Johnson explains how the nervous system both protects us from immediate harm and

creates reverberations that ripple through a lifetime. In this practical, empowering guide, Johnson shows readers how to metabolize these nervous system responses, allowing everyone to come home to their deepest, most intuitive and whole selves. Following her supportive advice, readers will learn how to move from wholeness, tapping into the innate wisdom of their senses, soothing frayed nerves and reconnecting with their “animal selves.” While we cannot cure the painful cultural rifts inflicting our society, there is a path forward—through our bodies.

Waking

A Memoir of Trauma

and Transcendence

Rodale Books

Matthew Sanford's inspirational story about the car accident that left him paralyzed from the chest down is a superbly written memoir of healing and journey—from near death to triumphant life. Matt Sanford's life and body were irrevocably changed at age 13 on a snowy Iowa road. On that day, his family's car skidded off an overpass, killing Matt's father and sister and left him paralyzed from the chest down, confining him to a wheelchair. His mother and brother escaped from the accident unharmed but were left to pick up the pieces of their decimated family. This pivotal event set Matt on a lifelong journey, from his intensive care

experiences at the Mayo Clinic to becoming a paralyzed yoga teacher and founder of a nonprofit organization. Forced to explore what it truly means to live in a body, he emerges with an entirely new view of being a "whole" person. By turns agonizingly personal, philosophical, and heartbreakingly honest, this groundbreaking memoir takes you inside the body, heart, and mind of a boy whose world has been shattered. Follow Sanford's journey as he rebuilds from the ground up, searching for "healing stories" to help him reconnect his mind and his body. To do so, he must reject much of what traditional medicine tells him and instead

turn to yoga as a centerpiece of his daily practice. He finds not only a better life but also meaning and purpose in the mysterious distance that we all experience between mind and body. In *Waking*, Sanford delivers a powerful message about the endurance of the human spirit and of the body that houses it.

Stalking Wild Psoas

Embodying Your Core Intelligence

North Atlantic Books

Weaving together biology, living systems thinking, and somatic movement, these nine short essays will inspire somatic therapists, bodyworkers, and movement educators. Liz Koch, author of

Core Awareness and The Psoas Book, seeks to dissolve the objectification of "body" in order to reconceptualize human beings as biologically intelligent, self-organizing, and self-healing. Specifically addressing educators and therapists, she delves into the conceptual framework of core by decolonizing the popular mechanistic thinking of psoas as muscle, inviting the reader on a journey toward reengaging with life's creative processes. The book illuminates the limitations of the predominant paradigm of body and actively explores psoas as a vital, intelligent messenger that links us to an expansive network of profound possibilities. Employing

biomorphic and embryonic paradigms, Koch redefines psoas as smart, expressive tissue that is both elemental and universal. Named after her popular exploratory workshops of the same name, Stalking Wild Psoas encourages all readers to nourish integrity and claim self-efficacy as creative and expressive individuals.

Tiger in My Soup

Peachtree Pub Limited

Left in the care of his older sister, a boy begs her to read his favorite book, but she is too absorbed in her own reading even to notice when a tiger comes to life in the steam from his soup.

Healing Developmental Trauma

How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship

North Atlantic Books

Written for those working to heal developmental trauma and seeking new tools for self-awareness and growth, this book focuses on conflicts surrounding the capacity for connection. Explaining that an impaired capacity for connection to self and to others and the ensuing diminished aliveness are the hidden dimensions that underlie most psychological and many physiological problems, clinicians Laurence Heller and Aline LaPierre introduce the NeuroAffective

Relational Model® (NARM), a unified approach to developmental, attachment, and shock trauma that, while not ignoring a person's past, emphasizes working in the present moment. NARM is a somatically based psychotherapy that helps bring into awareness the parts of self that are disorganized and dysfunctional without making the regressed, dysfunctional elements the primary theme of the therapy. It emphasizes a person's strengths, capacities, resources, and resiliency and is a powerful tool for working with both nervous system regulation and distortions of identity such as low self-esteem, shame, and

chronic self-judgment.

The Body Keeps the Score

Mind, Brain and Body in the Transformation of Trauma

What causes people to continually relive what they most want to forget, and what treatments could help restore them to a life with purpose and joy? Here, Dr Bessel van der Kolk offers a new paradigm for effectively treating traumatic stress. Neither talking nor drug therapies have proven entirely satisfactory. With stories of his own work and those of specialists around the globe, *The Body Keeps the Score* sheds new light on the routes away from trauma - which lie in

the regulation and syncing of body and mind, using sport, drama, yoga, mindfulness, meditation and other routes to equilibrium.

The Body Remembers Volume 2: Revolutionizing Trauma Treatment *W. W. Norton & Company*

Challenging the notion that clients with PTSD must revisit, review, and process their memories to recover from trauma. *The Body Remembers, Volume 2: Revolutionizing Trauma Treatment* continues the discussion begun more than fifteen years ago with the publication of the best-selling and beloved *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*. This new

book is grounded in the belief that the most important goal for any trauma treatment is to improve the quality of life of the client. Therefore, the first prerequisite is that the client be reliably stable and feel safe in his or her daily life as well as the therapy situation. To accomplish this, Babette Rothschild empowers both therapists and clients by expanding trauma treatment options. For clients who prefer not to review memories, or are unable to do so safely, new and expanded strategies and principles for trauma recovery are presented. And for those who wish to avail themselves of more typical trauma memory work, tools to make trauma memory resolution even safer are included. Being able to monitor and modulate a trauma client's dysregulated nervous system is one of the practitioner's best lines of defense against traumatic hyperarousal going amok—risking such consequences as dissociation and decompensation. Rothschild clarifies and simplifies autonomic nervous system (ANS) understanding and observation with her creation of an original full color table that distinguishes six levels of arousal. Included in this table (and the discussion that accompanies it) is a new and essential distinction between trauma-induced hypoarousal and the low arousal that is caused by lethargy or depression. The full

color ANS table is also available from W.W. Norton as a laminated desk reference and a wall poster suitable for framing so this valuable therapeutic tool will always be at hand. Principles and theory come alive through multiple demonstration therapy transcripts that illustrate: Stabilizing a new client who consistently dissociates due to persistent trauma flashbacks Clarifying and keeping therapeutic contracts Identifying and implementing hidden somatic resources for stabilization Easing transition from Phase 1 to Phase 2 trauma

treatment via trauma memory outlining Utilizing good memories and somatic markers as antidotes to traumatic memory Combining an authoritative yet personal voice, Rothschild gives clinicians the space to recognize where they may have made mistakes—by sharing her own!—as well as a road map toward more effective practice in the future. This book is absolutely essential reading for anyone working with those who have experienced trauma.

Trauma and the Body/Sensorimotor Psychotherapy