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Tue, 02 Oct 2018 03:07:00 GMT - 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.

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Sat, 08 Sep 2018 05:51:00 GMT - Levine's In an Unspoken Voice is, by far, the best. While I am writing this review only one day after finishing the book, I feel it's appropriate to affirm the validity of Dr. Levine's theory and practice, even though I haven't yet made any attempt to apply the recommended exercises.

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Levine In an Unspoken Voice Handout -

Sat, 22 Sep 2018 21:12:00 GMT - In an Unspoken Voice, How the Body Releases Trauma When we experience trauma, the body freezes in time in a highly activated, incomplete biological response. It becomes a snapshot of our unsuccessful attempts to defend ourselves in the face of threat, injury, and loss. This is demonstrated with presentations, and videos.

In an Unspoken Voice, How the Body Releases Trauma and ... -

- In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness [Peter A. Levine, Gabor Mate] on Amazon.com. *FREE* shipping on qualifying offers. **Unraveling Trauma in the Body, Brain and Mind”a Revolution in Treatment** In this culmination of his life’s work

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