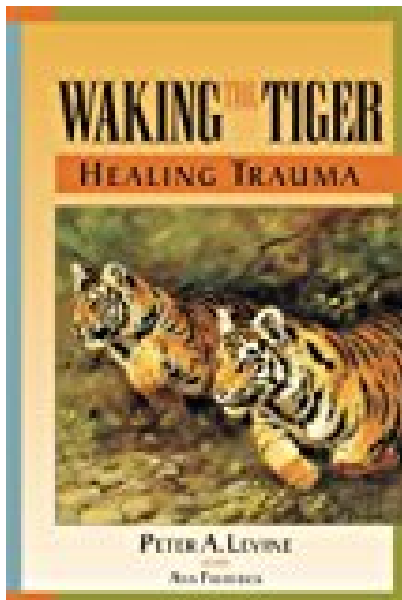


# Waking the Tiger Healing Trauma

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## BOOK DETAILS

- Author : Peter A. Levine
- Pages : 288 Pages
- Publisher : North Atlantic Books
- Language : English
- ISBN : 155643233X

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## BOOK SYNOPSIS

A straightforward and drug-free approach to dealing with trauma and behavioral disorders, this book presents simple "first aid" tools to help prevent traumatic reactions from developing in the aftermath of "overwhelm" and injury. Thoroughly investigated, this work is based upon the authors years of work with numerous stress and trauma victims. Illustrations.

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