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*Waking the Tiger: Healing Trauma* book by Peter A. Levine— Ann Frederick, *Waking the Tiger: Healing Trauma* “In moving through apprehensive chills to mounting excitement and waves of moist tingling warmth, the body, with its innate capacity to heal, melts the iceberg created by deeply frozen trauma.”

*Waking the Tiger Quotes* by Peter A. Levine

*Waking the Tiger, Healing Trauma* is a fascinating book by Peter A Levine. This book summary and review provides quotes and basic principles introduced in this book to give you a taste whether you may wish to purchase the book.

Peter A Levine: *Waking the Tiger: Healing Trauma* *Waking the Tiger* normalizes the symptoms of trauma and the steps needed to heal them. People are often traumatized by seemingly ordinary experiences. The listener is taken on a guided tour of the subtle, yet powerful impulses that govern our responses to overwhelming life events.

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The developer of Somatic Experiencing™, a body-awareness approach to healing trauma, Peter was a stress consultant for NASA on the development of the space shuttle project. His bestselling *Waking the Tiger* has been translated into twenty-two languages. Customers who bought this item also bought Page 1 of 1 Start over Page 1 of 1

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