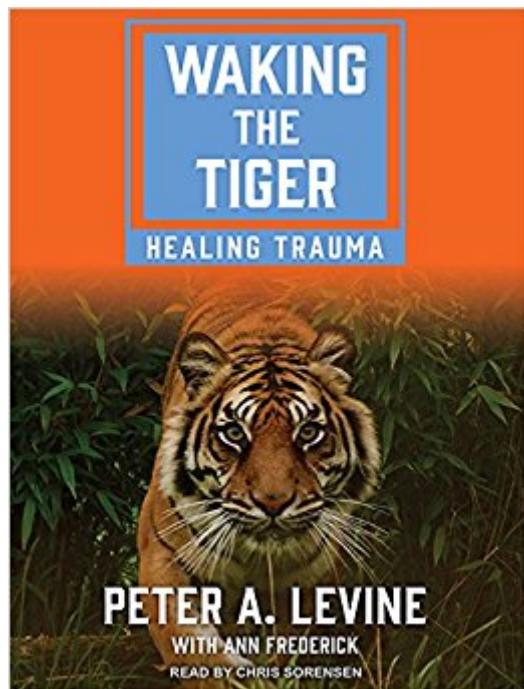


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# Waking The Tiger: Healing Trauma



## **Synopsis**

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 listener 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.

## **Book Information**

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## **Customer Reviews**

"Fascinating! Amazing! A revolutionary exploration of the effects and causes of trauma." ---Mira Rothenberg, author of *Children With Emerald Eyes*

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 to heal as well as an intellectual spirit to harness this innate 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. --This text refers to

an out of print or unavailable edition of this title.

After reading this book, I sought out a somatic experiencing therapist who is touch-certified and it has changed my life. I had previously tried talk therapy, group therapy, CBT, and very briefly - EMDR. I was not a good candidate for EMDR, due to my problems with dissociation. Somatic Experiencing has helped me more than any other type of therapy I have done in recovering from a long history of childhood verbal, emotional, and physical abuse. Even after having read this book, I still don't understand how Somatic Experiencing has worked so incredibly effectively, but I highly recommend this therapy to anyone who has a history of childhood trauma, regardless of what that childhood trauma stems from (neglect, dysfunction, emotional, verbal, physical, or sexual abuse.) Somatic Experiencing has somehow taught my body to self-regulate emotions, without causing more dissociation after sessions. It has the added benefit of not being talk-centered, so I don't have to constantly delve into details of my past that I often would rather not repeat again and again. It has by-passed my problematic thought-processes that often hinder my recovery, by working directly on my body. Somehow, without cognitive effort, I end up feeling much better without even trying to think my way better. In fact, my thoughts and perspectives have somehow changed of their own accord, as my body begins to feel better on its own. It's like my body just started healing on its own, and then my brain catches up with it accordingly. I see the world differently now, I see myself differently now, and without even trying to implant new thoughts or perspectives into myself. When I was doing CBT (cognitive behavioral therapy) I felt like I was constantly exerting immense effort on myself, trying to make my brain interpret my environment differently. I was repeatedly attempting to force new thoughts into my head, and this made me feel resentful at the constant argumentation I would have going on inside my brain, and angry because I felt that I was lying to myself with these new thoughts I was forcing into my head. Somatic Experiencing with a touch-certified therapist has removed this battle from my mind; and healthier thoughts and perspectives have slipped into my brain unnoticed by me at first. Despite having read this book, I still don't fully understand how it is possible that somatic experiencing is so effective. This book explains somatic experiencing very well. Not only does Peter Levine go into the details of how trauma effects the brain and body, but he describes some somatic experiencing sessions with clients in enough detail that the reader can learn what he or she can expect in a somatic experiencing session. I highly recommend his other book "Trauma and Memory" for a detailed explanation of traumatic memory. This book "Waking the Tiger" explains how trauma effects the brain-body and how somatic experiencing functions; his book "Trauma and Memory" explains how

traumatic memory works, and how it is different from non-traumatic memory, and the difference between explicit and implicit memory. For those of us who feel confused about our patchy, gap-ridden explicit memories, coupled with our highly valent emotional patterns of reaction, his "Trauma and Memory" book sheds much light on this confusion. CBT is woefully under-equipped to handle childhood attachment trauma; it only made me fight inside my head more, and feel resentful at the constant effort of forcing myself to think differently. EMDR did not work for me, as it attempted to cram more trauma into my brain while leaving my body behind in the process, which mainly led to further dissociation. Talk therapy has been helpful for my own understanding of what happened to me, but it, too, left my body out of the picture, and did not help me with the daily emotional dysregulation which caused me so much constant grief. Somatic Experiencing, on the other hand, has put the healing emphasis onto my body, and caused it to heal itself, resulting in my body feeling better and my brain responding to my improved feelings in my body. My brain just keeps catching up to my healing body without much exerted effort on my part. I highly recommend this book, and somatic experiencing with a touch-certified therapist, to anyone who has experienced childhood attachment trauma.

Good Book please add to your readings the Unspoken Voice and Healing trauma book by the same person. Very useful information

Recommended by my counselor and I am so glad I invested the time, energy and work required. Healing of self is the only way I can execute lasting change in all areas of my life including romantic relationships. I recommend this book to all who are willing to self reflect and change

This book was suggested to me by my life coach, and it is by far the most helpful piece I have read. It helps you move forward from past trauma without having to painfully relive it over and over again. Very comforting and also scientific. Great read for spouses or loved ones as well because it helps them understand what the person who is traumatized is going through.

This book is an inspiration and a tremendous contribution to the field of therapy. Involving the body's natural processes in healing is something I should have been taught about in my MSW program. Any therapist or therapy student must explore this part of the field.

What an amazing book. Well written and interesting. Peter Levine explains the trauma process

clearly. Information still feels relevant even as more research has been done on trauma and PTSD since the author wrote the book.

Just finished it. Great book if you are suffering from PTSD. Lots of tools and tips.

Information presented in this book literally help me to change direction.

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