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them. People are  
often traumatized by  
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intricate role of a  
forceful turbulence  
inside the body -  
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**Levines hopeful theory that trauma has been badly misunderstood and mistreated in Western Culture. He uses numerous examples from the animal kingdom along with case studies of his own patients to argue that people can make a complete**

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**and healthy  
recovery from  
trauma by  
somatically  
renegotiating their  
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experience.**

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**Overstock.com. This is an excellent book on trauma. Peter Levine is well known for his work with trauma and the common physiology with animals. It is a trustworthy book easily understandable and very helpful. I use it for my clients and I use it for myself.**

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**experiences. The reader is taken on a guided tour of the subtle, yet powerful impulses that govern our responses to overwhelming life events.**

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**holds doctorates in medical biophysics and psychology. 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**

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