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## **Waking the Tiger: Healing Trauma: Levine Ph.D., Peter A ...**

Peter A. Levine 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

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**Waking The Tiger Healing Trauma**  
Waking the Tiger, Healing Trauma is a fascinating book by Peter A Levine. This book summary and review provides



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quotes and basic principles introduced in this book to give you a taste whether you may wish to purchase the book. This book goes well with David Berceci's Trauma Release Exercises, as both books concentrate on the body as a place for trauma healing.

**Peter A Levine: Waking the Tiger:**

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experiencing approach which it says helps people who are struggling with psychological trauma. The book discusses inhibition and releasing a form of "energy". Synopsis

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His book, *Waking the Tiger: Healing Trauma* is in its fifth printing and receiving wide international attention. Peter was a consultant for NASA during the development of the Space Shuttle, and has taught at hospitals and pain clinics in both Europe and the U.S., as well as at the Hopi Guidance Center in Arizona.



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