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The Body Keeps The Score is a
misnomer It might sound like a

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nitpicking, but I was bothered by the reference to the body keeping the score. There are nowadays researches pointing to smaller centers of sensory processing across the body, but it's mainly the brain which keeps the score.

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Book Summary. March 9, 2020. June
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1-Sentence-Summary: The Body Keeps The Score teaches you how to get through the difficulties that arise from your traumatic past by revealing the psychology behind them and revealing some of the techniques therapists use to help victims recover.

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strategies for individuals, carers
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have learned a lot about trauma
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Action is key to healing as it shuts down the 'fight or flight' survival mechanism, signaling safety. Our primitive brain, shared with other mammals, is geared toward

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survival. If our normal response is blocked (trapped, held down, prevented, frozen out) from action, our brain keeps secreting stress hormones.

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explains the nature of traumatic
events, how they manifest during
the course of our lifetimes, and
shape our realities in a bad way,
as well as what people can do to

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heal their minds and bodies. In

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neurofeedback van der kolk says many of us carry traces of trauma from childhood adversity or neglect emotional healing can happen through practices like mindfulness yoga play and more.

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should be a must read for anyone

tackling traumas or anyone who

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wants to understand trauma
patients and doctors alike
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In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness "In The Body Keeps the Score we share the author's courageous journey into the parallel dissociative worlds of trauma victims and the medical and psychological disciplines that

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are meant to provide relief. In this compelling book we learn that as our minds desperately try to leave trauma behind, our bodies keep us trapped in the past with wordless emotions and feelings.

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