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Waking the Tiger: Healing Trauma (1997) explores the intricate role of a forceful turbulence inside the body - similar to a tornado (see later) - that manifests under 'real' life-threatening experiences of shock; and what can happen in the "difference between this inner racing of the nervous system (fuel in the engine) and the outer brake ...

Waking the Tiger: Healing Trauma: Peter A. Levine, Ann

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Frederick ...

—Peter A. Levine, Ph.D., author of *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 are meant to provide relief.

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

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levels, and the ability to carry out day-to-day tasks (From: NIMH).

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Play therapy refers to a range of methods of capitalising on children's natural urge to explore and harnessing it to meet and respond to the developmental and later also their mental health needs. It is also used for forensic or psychological assessment purposes where the individual is too young or too traumatised to give a verbal account of adverse, abusive or potentially criminal ...

Play therapy - Wikipedia

The Lord of the Rings is an epic high-fantasy novel by English author and scholar J. R. R. Tolkien. Set in Middle-earth, intended to be Earth at some distant time in the past, the story began as a sequel to Tolkien's 1937 children's book The Hobbit, but

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eventually developed into a much larger work. Written in stages between 1937 and 1949, The Lord of the Rings is one of the best-selling books ...

The Lord of the Rings - Wikipedia

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Ever Wondered What is Selah? I hum along to the strains of “How Great Thou Art” pouring from the living room speaker. As the song ends, I hustle to the CD player and press a small black button – reluctant to surrender my time in worship to the demands of a full tutoring schedule. Turning away from the console, I notice a slim, midnight blue sleeve.

What Does Selah Mean in the Bible?

The notion of ‘downloading’ healing and wisdom from ayahuasca

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plant spirits is a key trope in External hallucination (autonomous entities; settings, sceneries, and landscapes; perspective hallucinations and scenarios and plots) - These are more common within dark environments and can be comprehensively described through their variations as ...

The goal of a dark entity is not to turn a white entity dark. The ...

A rich, magical new novel on belonging and identity, love and trauma, nature and renewal, from the Booker-shortlisted author of 10 Minutes 38 Seconds in This Strange World. Two teenagers, a Greek Cypriot and a Turkish Cypriot, meet at a taverna on the island they both call home.

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