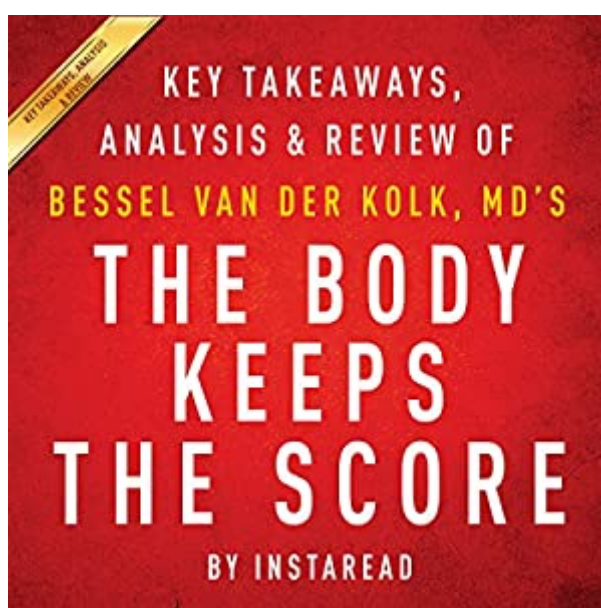


The book was found

# The Body Keeps The Score: Brain, Mind, And Body In The Healing Of Trauma By Bessel Van Der Kolk, MD | Key Takeaways, Analysis & Review



## Synopsis

Bessel van der Kolk, MD, explores the ways in which trauma rewires the brain and changes the way people experience the world. Trauma affects the mind and body immensely and prevents those affected from living in the present. Van der Kolk, who has researched trauma since the 1970s, first became interested in trauma after meeting with Vietnam veterans who had a very hard time living their lives after returning from the war. PLEASE NOTE: This is key takeaways of the book and NOT the original book.

## Book Information

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## Customer Reviews

Have you ever had a near-death experience? Or have you been traumatized and felt your life change forever? In "The Body Keeps Score," Bessel van der Kolk, MD, explores the ways in which trauma rewires the brain and changes the way people experience the world. This review is compelling, breaking down van der Kolk's thesis into 9 key takeaways with analysis into what it all means. With millions affected by traumatic experiences, it's imperative for us to better understand the effects of trauma and PTSD. I loved how Instaread analyzed each key takeaway and explored their meaning. The section on how traumatic events create a different kind of memory was especially enlightening. It is scary to think that when you remember a traumatic event, you are virtually reliving the experience. I highly recommend this book to anyone who is directly or indirectly affected by trauma. It is helpful to know what is normal and what isn't. I received a copy of this book in order to review it.

A great book if you are in need or just want confirmation. This book goes in depth describing different mental issues and how the person overcame them. A triumphant display of words that are the truth and as close as one can get to a story. My wife has many of the same issues and we both have read the book and it has not only helped us to understand what we didn't understand or what others were not willing to share, but it has also helped us to proceed to the next therapy to help my wife recover from this awful illness. A must read for people who need help, understanding and clarity on PTSD, anxiety disorders, depression and a variety of other disorders. A blessing in disguise is what I call this book. Recommended by our last therapist and after we finished the book we said our goodbyes to her and moved on to a clinic that we should have gone to in the first place. This book not only gives you a great story but the chapters within can help SO MANY PEOPLE.

The book "the body keeps the score" is one of the best books I've ever read on trauma however this pamphlet is certainly not worth buying. It does not do justice to the lifelong work of Dr. Vanderkolk

An excellent book in contemporary American psychiatric history, clinical practice and pharmacology. The author first of all is a great clinician. Second, he writes well. Third, he is a such good story teller (not many physicians are). Fourth, he reviewed American psychiatric history and background for you. If you are a medical student, a medical resident and particularly if you are studying psychiatry, this is a must-read book for you. Be careful, by the end of reading, you will feel a bit sad...

I received this book in exchange for a review. This is a summary and analysis and is not the original book. This book is about how a person experiences the world after going through a traumatic experience. While I haven't personally experienced trauma, I know people who have, and this book gives great insight into what others experience. It gives information on treatments for trauma and is a great resource. If you or someone you loved is going through a painful experience, I recommend reading this book!

I should have heeded a posted warning not to bother with the 30 page version; it is so brief as to be useless and is annoyingly redundant.

This is a great little summary book but I would recommend getting the book itself. So informative and so educational. Has really helped me on my journey to being healthy and well. thank you.

This is a waste of money. You can get this information googling the book or reading ad descriptions. Gives vague summaries without giving you any actual information. Reads like a high schooler's book report.

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