

Waking The Tiger: Healing Trauma

"This beautifully illustrated gift edition of Heart Thoughts is a collection of meditations, spiritual treatments, and excerpts from my lectures. It focuses on aspects of our day-to-day experiences, and is meant to guide and assist you in particular areas where you may be having difficulty. It is now time for you to release old beliefs and old habits, and the meditations and treatments within these pages can help you build your confidence as you make necessary changes in your life. This is a time of awakening. Know that you are always safe. And also know that it's possible to move from th.

Researchers have shown that survivors of accidents, disaster, and childhood trauma often endure lifelong symptoms ranging from anxiety and depression to unexplained physical pain, fatigue, illness, and harmful "acting out" behaviors reflecting these painful events. Today, millions in both the bodywork and the psychotherapeutic fields are turning to Peter A. Levine's breakthrough Somatic Experiencing(tm) methods to effectively overcome these challenges. Now available in paperback for the first time, Healing Trauma offers readers the personal how-to guide for using the theory Dr. Levine first introduced in his highly acclaimed work Waking the Tiger (North Atlantic Books, 1997), including: How to develop body awareness to "re-negotiate" and heal traumas rather than relive them * emergency "first-aid" measures for emotional distress * A 60-minute CD of guided Somatic Experiencing techniques "Trauma is a fact of life," teaches Peter Levine, "but it doesn't have to be a life sentence." Now, with one fully integrated self-healing tool, he shares his essential methods to address unexplained symptoms of trauma at their source the body to return us to the natural state we are meant to live in.

Things I Don't Want to Know is a unique response to George Orwell from one of our most vital contemporary writers. Taking Orwell's famous list of motives for writing as the jumping-off point for a sequence of thrilling reflections on the writing life, this is a perfect companion not just to Orwell's essay, but also to Levy's own, essential oeuvre. 'A powerful feminist response to Orwell's 'Why I Write'.' New Statesman 'Inspired by Orwell, another unique writer tells her tale. Marvellously right.' Independent 'Superb sharpness and originality of imagination. It is feminist and political while being an inspiring work of writing.' Marina Warner 'Original, unmissable. like chancing upon an oasis. The writing is of such quality that you want to drink it slowly.' Kate Kellaway, Guardian 'In her powerful rejoinder to Orwell, Deborah Levy responds to his proposed motives for writing -- 'sheer egoism', 'aesthetic enthusiasm', 'historical impulse' and 'political purpose' -- with illuminating moments of autobiography. A vivid, striking account of a writer's life, which feminises and personalises Orwell's blunt assertions.' Spectator 'It will be quoted for many years to come.' Irish Examiner

Discover how the happiest people on earth survive—and thrive—through tough times using inner strength and courage. Sisu is a powerful mindset that makes Finland one of the happiest countries in the world, despite long winters, social isolation, and a history of challenging times. In Everyday Sisu, journalist Katja Pantzar explores the simple practices that make Finnish life so stable, sustainable, and healthy for body and mind, even when life doesn't go as planned. You'll discover ways to boost your mental and physical resilience to face life's challenges head-on, including: connecting with nature strengthening community using what you have reframing what you can't control adopting a solutions mindset finding strength in the struggle Featuring insights from Finnish experts in mental health, wellness, sustainability, social justice, and more, this practical and empowering guide presents a road map for overcoming what you thought you couldn't—and finding hope and tools to create a brighter way forward.

How and Why Women Get Away with Murder

A Step-by-Step Guide to Activating Your Healing Resources Through Bilateral Stimulation

The Awakened Family

Things I Don't Want to Know

Lifting Heavy Things

The Power of I Am

A Journal for Grief

We Are All in Shock

Waking the Tiger: Healing Trauma***The Innate Capacity to Transform Overwhelming Experiences*****North Atlantic Books**

The Golden Couple is the next electrifying novel from Greer Hendricks and Sarah Pekkanen, the #1 New York Times bestselling author duo behind You Are Not Alone, An Anonymous Girl, and The Wife Between Us. If Avery Chambers can't fix you in 10 sessions, she won't take you on as a client. Her successes are phenomenal--she helps people overcome everything from domineering parents to assault--and almost absorb the emptiness she sometimes feels since her husband's death. Marissa and Mathew Bishop seem like the golden couple--until Marissa cheats. She wants to repair things, both because she loves her husband and for the sake of their 8-year-old son. After a friend forwards an article about Avery, Marissa takes a chance on this maverick therapist, who lost her license due to controversial methods. When the Bishops glide through Avery's door and Marissa reveals her infidelity, all three are set on a collision course. Because the biggest secrets in the room are still hidden, and it's no longer simply a marriage that's in danger. A Macmillan Audio production from St. Martin's Press "THE GOLDEN COUPLE is my favorite kind of thriller: a guessing game filled with characters you care about and twists you don't see coming. THE GOLDEN COUPLE takes a deep dive into a marriage, where what you see on the surface is not necessarily the truth, and the results are mesmerizing. Add to this a therapist who doesn't play by the rules and you have an utterly compelling, spellbinding read." -- Lisa Jewell, Author of THEN SHE WAS GONE and INVISIBLE GIRL "THE GOLDEN COUPLE is a propulsive, twisty, unputdownable thriller - with two heroines you won't be able to get enough of... and a twist you'll never see coming. Greer Hendricks and Sarah Pekkanen have outdone themselves!" -- Laura Dave, Author of THE LAST THING HE TOLD ME "THE GOLDEN COUPLE is propulsive and thrilling. It grabbed me from the first page and didn't let go. A page-turner that will keep you keep you guessing until the very end." -- Taylor Jenkins Reid, author of MALIBU RISING and DAISY JONES AND THE

SIX

In his new book, Stephen Levine, author of the perennial best-seller Who Dies?, teaches us how to live each moment, each hour, each day mindfully--as if it were all that was left. On his deathbed, Socrates exhorted his followers to practice dying as the highest form of wisdom. Levine decided to live this way himself for a whole year, and now he shares with us how such immediacy radically changes our view of the world and forces us to examine our priorities. Most of us go to extraordinary lengths to ignore, laugh off, or deny the fact that we are going to die, but preparing for death is one of the most rational and rewarding acts of a lifetime. It is an exercise that gives us the opportunity to deal with unfinished business and enter into a new and vibrant relationship with life. Levine provides us with a year-long program of intensely practical strategies and powerful guided meditations to help with this work, so that whenever the ultimate moment does arrive for each of us, we will not feel that it has come too soon.

Matthew Sanford's inspirational story about the car accident that left him paralyzed from the chest down is a superbly written memoir of healing and journey—from near death to triumphant life. Matt Sanford's life and body were irrevocably changed at age 13 on a snowy Iowa road. On that day, his family's car skidded off an overpass, killing Matt's father and sister and left him paralyzed from the chest down, confining him to a wheelchair. His mother and brother escaped from the accident unharmed but were left to pick up the pieces of their decimated family. This pivotal event set Matt on a lifelong journey, from his intensive care experiences at the Mayo Clinic to becoming a paralyzed yoga teacher and founder of a nonprofit organization. Forced to explore what it truly means to live in a body, he emerges with an entirely new view of being a "whole" person. By turns agonizingly personal, philosophical, and heartbreakingly honest, this groundbreaking memoir takes you inside the body, heart, and mind of a boy whose world has been shattered. Follow Sanford's journey as he rebuilds from the ground up, searching for "healing stories" to help him reconnect his mind and his body. To do so, he must reject much of what traditional medicine tells him and instead turn to yoga as a centerpiece of his daily practice. He finds not only a better life but also meaning and purpose in the mysterious distance that we all experience between mind and body. In Waking, Sanford delivers a powerful message about the endurance of the human spirit and of the body that houses it.

Waking

Trauma Tapping Technique

Everyday Sisu

Healing Trauma

Quarterlife

In an Unspoken Voice

Tapping In

The Body Keeps the Score

The effects of trauma can be devastating for sufferers, their families and future generations. Here one of the world's experts on traumatic stress offers a bold new paradigm for treatment, moving away from standard talking and drug therapies and towards an alternative approach that heals mind, brain and body. 'Van der Kolk draws on thirty years of experience to argue powerfully that trauma is one of the West's most urgent public health issues ... Packed with science and human stories' New Scientist 'Breathtaking in its scope and breadth, a seminal work by one of the preeminent pioneers in trauma research and treatment' Peter A. Levine, author of In An Unspoken Voice 'Dr. van der Kolk's masterpiece combines the boundless curiosity of the scientist, the erudition of the scholar, and the passion of the truth teller' Judith Herman, author of Trauma and Recovery

Having to deal with the loss of loved ones is something that unites us all. Yet we rarely even talk about it. Life After shares the raw, intimate and inspiring stories of how more than 60 ordinary and well-known Australians have recovered from heart-breaking loss and have rebounded to live fuller lives than they once thought possible. Full of optimism and spirit, this book features famous people who have lost loved ones, people whose loved ones were famous, the bereaved behind our biggest news stories and a gamut of experiences from every walk of life in Australia.

""New from the New York Times bestselling author of The Conscious Parent comes a radically transformative plan that shows parents how to raise children to be their best, truest selves,"--Amazon.com."

The Trauma Tapping Technique is easy enough to be learned by children, powerful enough to astound doctors and counselors, and capable of providing permanent relief for long-term survivors of trauma.

Healing Trauma One Rep at a Time

A Novel

The Spiritual Anatomy of Emotion

How to Carry What Can't Be Fixed

How the Body Releases Trauma and Restores Goodness

A Tool for PTSD, Stress Relief, and Emotional Trauma Recovery

Launching a Startup and Losing My Mind

How Feelings Link the Brain, the Body, and the Sixth Sense

This workbook isn't an expense, it's an investment into a happier life. The choice is yours, you can continue to be a victim of your trauma, or you can choose to get up, move on, and live the PTSD-free life.

Now in 15 languages. Understand the different types of upsets and traumas your child may experience—and learn how to teach them how to be resilient, confident, and even joyful. The number of anxious, depressed, hyperactive and withdrawn children is staggering—and still growing! Millions have experienced bullying, violence (real or in the media), abuse or sexual molestation. Many other kids have been traumatized from more "ordinary" ordeals such as terrifying medical procedures, accidents, loss and divorce. Trauma-Proofing Your Kids sends a lifeline to parents who wonder how they can help their worried and troubled children now. It offers simple but powerful tools to keep children safe from danger and to help them "bounce back" after

feeling scared and overwhelmed. No longer will kids have to be passive prey to predators or the innocent victims of life's circumstances. In addition to arming parents with priceless protective strategies, best-selling authors Dr. Peter A. Levine and Maggie Kline offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them. Trauma-Proofing Your Kids is a treasure trove of simple-to-follow "stress-busting," boundary-setting, sensory/motor-awareness activities that counteract trauma's effect on a child's body, mind and spirit. Including a chapter on how to navigate the inevitable difficulties that arise during the various ages and stages of development, this ground-breaking book simplifies an often mystifying and complex subject, empowering parents to raise truly confident and joyful kids despite stressful and turbulent times.

Explains how to experience at first hand the portion of one's personality that feels emotions and is playful, and tells how to use this experience for personal healing

A celebrated strength trainer and trauma practitioner offers a fresh and empowering approach to healing and thriving after trauma. In this innovative title, celebrated trainer and trauma practitioner Laura Khoudari brings a fresh approach to healing after trauma, using strength training as an embodied movement practice. Compassionate, witty and fastidiously researched, Khoudari's debut, Lifting Heavy Things, is a breakthrough title that will empower and inspire you to develop resilience and build emotional and physical strength through working out with weights, while mindful of the ways that trauma can compromise the wellbeing of the mind and body. In Lifting Heavy Things, you'll learn about: Managing chronic pain Creating the conditions for training and healing Understanding how trauma shows up in daily life Using embodied movement practices (beyond yoga) as a tool to comfortably re-inhabit the body Navigating interpersonal relationships during and after the healing process Why you don't have to tell your trauma story (to everyone) Thriving with and moving beyond trauma With humor, tenderness and grit, Lifting Heavy Things takes readers on a journey of personal revelation and integration, helping them to lighten their emotional burden and build deep inner strength to lift all of the heavy things that life may bring with greater ease.

Becoming Safely Embodied

Neuroaffective Meditation

How to Live This Year as If It Were Your Last

Healing Trauma

A testament to human resilience. 60 Australians on coming to terms with grief

A 10-Point All-Natural Plan for Lasting Relief

Workbook for The Body Keeps The Score

Awakening the Ordinary Miracle of Healing

Researchers have shown that survivors of accidents, disaster, and childhood trauma often endure lifelong symptoms ranging from anxiety and depression to unexplained physical pain, fatigue, illness, and harmful "acting out" behaviors. Today, professionals and clients in both the bodywork and the psychotherapeutic fields nationwide are turning to Peter A. Levine's breakthrough Somatic Experiencing® methods to actively overcome these challenges. In Healing Trauma, Dr. Levine gives you the personal how-to guide for using the theory he first introduced in his highly acclaimed work Waking the Tiger. Join him to discover: how to develop body awareness to "renegotiate" and heal traumas by "revisiting" them rather than reliving them; emergency "first-aid" measures for times of distress; and nature's lessons for uncovering the physiological roots of your emotions." Trauma is a fact of life," teaches Peter Levine, "but it doesn't have to be a life sentence." Now, with one fully integrated self-healing tool, he shares his essential methods to address unexplained symptoms of trauma at their source—the body—to return us to the natural state in which we are meant to live in. Contents Introduction: A Tiger Shows the Way Chapter One: What is Trauma? Chapter Two: The Causes and Symptoms of Trauma Chapter Three: How Trauma Affects the Body Chapter Four: Twelve-Phase Healing Trauma Program: A Guide to the Audio Exercises Chapter Five: Sexual Trauma: Sexual Trauma: Healing the Sacred Wound Chapter Six: Spirituality and Trauma: Pathway to Awakening Helpful Tips and Techniques for Preventing Trauma Additional Resources About the Author About Sounds True Excerpt Trauma is the most avoided, ignored, denied, misunderstood, and untreated cause of human suffering. When I use the word trauma, I am talking here about the often debilitating symptoms that many people suffer from in the aftermath of perceived life-threatening or overwhelming experiences. Recently, trauma has been used as a buzzword to replace everyday stress, as in, "I had a traumatic day at work." However, this use is completely misleading. While it is true that all traumatic events are stressful, all stressful events are not traumatic. Unique to Each Individual When it comes to trauma, no two people are exactly alike. What proves harmful over the long term to one person may be exhilarating to another. There are many factors involved in the wide range of response to threat. These responses depend upon genetic make-up, an individual's history of trauma, even his or her family dynamics. It is vital that we appreciate these differences. Simply knowing that certain kinds of early childhood experiences can severely diminish our ability to cope and be present in the world may elicit compassion and support rather than harsh judgment, both for ourselves and for others. Perhaps the most important thing I have learned about trauma is that people, especially children, can be overwhelmed by what we usually think of as common everyday events. Until recently, our understanding of trauma was limited to "shell-shocked" soldiers who have been devastated by war, victims of severe abuse or violence, and those who have suffered catastrophic accidents and injuries. This narrow view could not be further from the truth. The fact is that, over time, a series of seemingly minor mishaps can have a damaging effect on a person. Trauma does not have to stem from a major catastrophe. Some common triggering events include:

- Automobile accidents (even fender benders)
- Routine invasive medical procedures
- Loss of loved ones
- Natural disasters, such as earthquakes and

hurricanes Even falling off a bicycle can be overwhelming to a child under certain circumstances. We will discuss those circumstances later. For now, I will simply say that almost all of us have experienced some form of trauma, either directly or indirectly.

A recommended new book for those who are grieving . . . [Hone's] metaphor for life after loss is both powerful and apt: Think of it as a scattered jigsaw puzzle, where the pieces of one's former life have been scattered and now must be reconfigured in a new way.' -The Wall Street Journal Dr Lucy Hone works in the field of resilience psychology, helping ordinary people exposed to real-life traumatic situations. When faced with the incomprehensible fact of her daughter's tragic death Lucy knew that she was fighting for the survival of her sanity and her family unit. She used her practice to develop ways to support her family in their darkest days, and to find a new way of living without Abi. In *Resilient Grieving* Lucy shares her research so that others can work to regain some sense of control and take action in the face of helpless situations. Previously published as *What Abi Taught Us*.

In *Trauma and Memory*, bestselling author Dr. Peter Levine (creator of the Somatic Experiencing approach) tackles one of the most difficult and controversial questions of PTSD/trauma therapy: Can we trust our memories? While some argue that traumatic memories are unreliable and not useful, others insist that we absolutely must rely on memory to make sense of past experience. Building on his 45 years of successful treatment of trauma and utilizing case studies from his own practice, Dr. Levine suggests that there are elements of truth in both camps. While acknowledging that memory can be trusted, he argues that the only truly useful memories are those that might initially seem to be the least reliable: memories stored in the body and not necessarily accessible by our conscious mind. While much work has been done in the field of trauma studies to address "explicit" traumatic memories in the brain (such as intrusive thoughts or flashbacks), much less attention has been paid to how the body itself stores "implicit" memory, and how much of what we think of as "memory" actually comes to us through our (often unconsciously accessed) felt sense. By learning how to better understand this complex interplay of past and present, brain and body, we can adjust our relationship to past trauma and move into a more balanced, relaxed state of being. Written for trauma sufferers as well as mental health care practitioners, *Trauma and Memory* is a groundbreaking look at how memory is constructed and how influential memories are on our present state of being.

Fear, anger, anxiety, negativity, rudeness, information overload — the stressors of modern life can make just getting through the day a daunting task. Since 1985, John Maxwell Taylor has been moving through the collective madness with joy, spirit, and strength. *The Power of I Am* invites the reader to join him on this journey. Combining principles from martial arts, mindfulness, body-centered awareness, and spiritual and scientific principles, this engaging mix of practical tools, stories, and life lessons teaches personal empowerment through gaining inner strength in social situations and dealing effectively with negative people. The author uses real-world experiences to show readers how to stop being drained by “energy vampires,” how to defuse conflict by boosting energy levels when trouble comes, how to eliminate stage fright and other social anxieties, how to increase personal magnetism and sense of self, and how to tap the existing, but often dormant, power of the mind for personal transformation.

A Year to Live

Energy Healing for Traumatic Times

Trauma and Memory

Life After

The Highly Acclaimed Method for Liberating Your Inner Self

A Guide to Organize Your Mind, Body and Heart to Feel Secure in the World

Trauma Through a Child's Eyes

Medicine for the Earth

From cross-cultural legends recounting shamanic cures to the biblical accounts of the parting of the Red Sea and Jesus multiplying the loaves and fishes, many spiritual traditions are rich in stories about seemingly inexplicable transformations of the natural world. The ancient healing art of transmutation, in which toxic substances are transformed into "safe" substances, is mentioned in all the world's great spiritual traditions, including Hinduism and Taoism. And while many have tapped this body of work to heal the self, it has yet to be used to heal our environment. For twenty years, Sandra Ingerman has studied alternative ways to reverse environmental pollution. In this book, Ingerman takes us on a remarkable journey through the history of transmutation, teaching us how we can use this forgotten technique to change ourselves and our environment. She provides us with creative visualizations, ceremonies, rituals, and chants derived from ancient healing practices that produce miraculous, scientifically proven results. In one dramatic illustration of what can be accomplished when consciousness and awareness fuel our actions, Ingerman describes her own success in transforming the nature of chemically polluted water.

*An essential guide for recognizing, preventing, and healing childhood trauma, from infancy through adolescence—what parents, educators, and health professionals can do. Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents such as auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit, resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression. Rich with case studies and hands-on activities, *Trauma Through a Child's Eyes* gives insight into children's innate ability to rebound with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma.*

Singapore, 1939 A young Japanese woman is found dead on the dockside, her throat slashed Inspector Maximo Betancourt is working a new beat, one he didn't ask for. Following the disappearance of his wife, his life and career have fallen apart. A distinctive tiger tattoo is the only clue to her identity Once a rising star of Singapore CID, Betancourt has been relegated to the Marine Division, with tedious dockyard disputes and goods inspections among his new duties. Who is she? And why are the authorities turning a blind eye? But when

a beautiful, unidentified Japanese woman is found murdered in the shadow of a warehouse owned by one of Singapore's most powerful families, Betancourt defies orders and pursues those responsible. What he discovers will bring him into conflict with powerful enemies, and force him to face his personal demons.

A cutting-edge examination of feelings, not thoughts, as the gateway to understanding consciousness • Contends that emotion is the greatest influence on personality development • Offers a new perspective on immunity, stress, and psychosomatic conditions • Explains how emotion is key to understanding out-of-body experience, apparitions, and other anomalous perceptions Contemporary science holds that the brain rules the body and generates all our feelings and perceptions. Michael Jawer and Dr. Marc Micozzi disagree. They contend that it is our feelings that underlie our conscious selves and determine what we think and how we conduct our lives. The less consciousness we have of our emotional being, the more physical disturbances we are likely to have--from ailments such as migraines, fibromyalgia, chronic fatigue, and post-traumatic stress to anomalous perceptions such as apparitions and involuntary out-of-body experiences. Using the latest scientific research on immunity, sensation, stress, cognition, and emotional expression, the authors demonstrate that the way we process our feelings provides a key to who is most likely to experience these phenomena and why. They explain that emotion is a portal into the world of extraordinary perception, and they provide the studies that validate the science behind telepathic dreams, poltergeists, and ESP. The Spiritual Anatomy of Emotion challenges the prevailing belief that the brain must necessarily rule the body. Far from being by-products of neurochemistry, the authors show that emotions are the key vehicle by which we can understand ourselves and our interactions with the world around us as well as our most intriguing--and perennially baffling--experiences.

A Parents' Guide for Instilling Confidence, Joy and Resilience

Trauma-Proofing Your Kids

Waking the Tiger: Healing Trauma

Augmented Thinking for a Complex World--The New Convergence of Art, Technology, and Science

When She Was Bad

A Pioneering Program for Restoring the Wisdom of Your Body

Found, Wanting

The Nexus

An illustrated journal for meeting grief with honesty and kindness—honoring loss, rather than packing it away With her breakout book It's OK That You're Not OK, Megan Devine struck a chord with thousands of readers through her honest, validating approach to grief. In her same direct, no-platitudes style, she now offers How to Carry What Can't Be Fixed—a journal filled with unique, creative ways to open a dialogue with grief itself. “Being allowed to tell the truth about your grief is an incredibly powerful act,” she says. “This journal enables you to tell your whole story, without the need to tack on a happy ending where there isn't one.” Grief is a natural response to death and loss—it's not an illness to be cured or a problem to be fixed. This workbook contains no clichés, timetables, or checklists of stages to get through; it won't help you “move past” or put your loss behind you. Instead, you'll find encouragement, self-care exercises, and daily tools, including:

- Writing prompts to help you honor your pain and heartbreak
- On-the-spot practices for tough situations—like grocery store trips, the sleepless nights, and being the “awkward guest”
- The art of healthy distraction and self-care
- What you can do when you worry that “moving on” means “letting go of love”
- Practical advice for fielding the dreaded “How are you doing?” question
- What it means to find meaning in your loss
- How to hold joy and grief at the same time
- Tear-and-share resources to help you educate friends and allies
- The “Griever's Bill of Rights,” and much more

Your grief, like your love, belongs to you. No one has the right to dictate, judge, or dismiss what is yours to live. How to Carry What Can't Be Fixed is a journal and everyday companion to help you enter a conversation with your grief, find your own truth, and live into the life you didn't ask for—but is here nonetheless.

Reversing Chronic Pain offers a dynamic framework for joining body and mind to speed the healing of traumatic pain from the body level up. Each chapter presents a body-centered skill set that can be mastered through a broad menu of practice exercises. The resulting interlinked somatic building blocks help readers shift from physical pain to body awareness, and from unstoppable suffering to heartfelt connection and peace. Building on the AIDS cocktail approach that reflects the fact that chronic pain is complex and no one tactic is likely to solve the problem, renowned expert Maggie Phillips presents a 10-1 pain plan comprised of easy strategies based on somatic experience. Even if the reader's pain is perceived as a “10” at the onset of the program, with 10 being intolerable, the somatic building blocks help shift the pain one point at a time until it gradually diminishes to “1” or even “zero.” Showing how the common professional interventions—medication, physical therapy, acupuncture, biofeedback—may be more harmful than healing, Reversing Chronic Pain stresses self-treatment throughout, involving sufferers in attaining lives not simply endured but actively enjoyed.

Have you tried to “snap out of it” but just can't seem to? We Are All in Shock shows how you can move past traumas—grounded in psychology, energy medicine, and neurobiology—to reclaim your health and potential through energy healing. “Dr. Stephanie Mines offers practical steps people can use to fortify and empower themselves and their loved ones ...It is a book for our times.”—Peter A. Levine, PhD, author, Waking the Tiger: Healing Trauma We Are All in Shock provides the tools for reclaiming complete well-being after overwhelming experiences of shock, whether caused by the massive sweep of current events or a personal catastrophe. Dr. Mines redefines psychological trauma and revolutionizes the concept of self-care by identifying the true cause of anxiety, explaining why it is so prevalent in society today and how by recognizing its effect we can find new stability and healing. Parents, nurses, crisis workers, massage therapists and body workers, psychotherapists and the everyday reader will benefit from the practices Dr. Mines designed not only for symptomatic relief but also for the complete resolution of physical, psychological, emotional and spiritual shock and trauma. We Are All in Shock demystifies energy medicine by presenting the reader with tools to help diminish and eliminate the nervous system's habitual responses to overwhelming events. Dr. Mines' work combines skills from energy healing related to acupressure on the energy meridians of the body with the most contemporary scientific interpretation of how the brain works, to offer a clear understanding of neurological behavior.

From the host of EconTalk, a guide to decision-making when you can't crunch the numbers Algorithms and apps analyze data and tell you how to beat the traffic, what books to buy, what music to listen to, and even who to date—often with great results. But what do you do when you face the big decisions of life—the “wild problems” of who to marry, whether to have children, where to move, how to forge a life well-lived—that can't be solved by measurement or calculation? In Wild Problems, beloved host of EconTalk Russ Roberts offers puzzled rationalists a way to address these wild problems. He suggests spending less time and energy on the path that promises the most happiness, and more time on figuring out who you actually want to be. He draws on the experience of great artists, writers, and scientists of the past who found creative ways to navigate life's biggest questions. And he lays out strategies for reducing the fear and the loss of control that inevitably come when a wild problem requires a leap in the dark. Ultimately, Roberts asks us to see ourselves and our lives less as a problem to be solved than a mystery to be experienced. There's no right decision waiting to be uncovered by an app or rational analysis. Reality is harder than that and, perhaps, a little more

interesting.

From Incarceration to a Life of Activism

How to find your way through devastating loss

Brain, Mind and Body in The Healing of Trauma.

Mind, Brain and Body in the Transformation of Trauma

Recovery of Your Inner Child

I Can't Stop Crying

Waking the Tiger

Never has it been so effortless to activate your inner power and resilience than with the remarkable technique known as "resource tapping." Tapping In makes available for the first time a self-guided program for learning this revolutionary EMDR-related method. With step-by-step instruction in bilateral stimulation (a core component of EMDR, or Eye Movement Desensitization and Reprocessing), Tapping In teaches you a clinically recognized system for tapping both sides of the body to overcome trauma, boost confidence, calm the body on a deep, physiological level, and to respond better to stress. Join world-renowned EMDR expert Dr. Laurel Parnell as she shares a series of easy-to-learn exercises to access your "latent positive resources"—your neurological foundation for internal resilience and stability.

Why today's complex problems demand a radically new way of thinking—one in which art, technology, and science converge. Today's complex problems demand a radically new way of thinking—one in which art, technology, and science converge to expand our creativity and augment our insight. Creativity must be combined with the ability to execute; the innovators of the future will have to understand this balance and manage such complexities as climate change and pandemics. The place of this convergence is the Nexus. In this provocative and visually striking book, Julio Mario Ottino and Bruce Mau offer a guide for navigating the intersections of art, technology, and science. The Nexus brings together word and image to prepare us—individuals and organizations alike—for the challenges and opportunities of the twenty-first century. Compelling historic examples illuminate the present, from the Renaissance, when the domains were one, to the twentieth century, with intense, collective creative outpourings from places as different as the Bauhaus and Bell Labs. Leaders must be able to grasp simplicity in complexity and complexity in simplicity—and embrace the powerful idea of complementarity, where opposing extremes coexist and our thinking expands. Innovation needs more than managing. Managers use maps; leaders develop compasses.

• Shares 16 guided meditations for neuroaffective brain development and emotional maturation, along with links to online recordings • Explores the stages of emotional development, from childhood to old age, and their potentials for developing new ways of functioning • Reveals the biopsychological effects of meditation on the human brain, including how it affects us at the autonomic, limbic, and prefrontal levels Drawing on her 25 years of research into brain development as well as decades of meditation practice, psychotherapist Marianne Bentzen shows how neuroaffective meditation--the holistic integration of meditation, neuroscience, and psychology--can be used for personal growth and conscious maturation. She also explores how the practice can help address embedded traumas and allow access to the best perspectives of growing older while keeping the best psychological attitudes of being young--a hallmark of wisdom. She explains that there is a sequence to emotional maturation, just as there is for the development of cognitive or athletic skills, and details the central developmental processes of childhood and adolescence and the adult stages of psychological development. She then explores the biopsychological effects of meditation on the human brain, including how it affects us at the autonomic, limbic, and prefrontal levels. The author shares 16 guided meditations for neuroaffective brain development (along with links to online recordings), each designed to gently interact with the deep, unconscious layers of the brain and help you reconnect to yourself, your relationships, and the world around. Each meditation explores a different theme, from breathing in "being in your body" to feeling love, compassion, and gratitude in "the songs of the heart" to balancing positive and negative experiences in "mandala." The author also shares a 5-part meditation centered on breathing exercises designed to balance your energy. Presenting an authentic, stepwise approach to spiritual growth, emotional maturation, and brain development, this guide explains the science behind neuroaffective meditation and offers detailed practices for a truly personal and ever-evolving experience of inner wisdom and growth.

The co-founder of the menswear startup Bonobos opens up about the struggle with bipolar disorder that nearly cost him everything in this gripping, radically honest memoir of mental illness and entrepreneurship. At twenty-eight, fresh from Stanford's MBA program

and steeped in the move-fast-and-break-things ethos of Silicon Valley, Andy Dunn felt like he was on top of the world. He was pursuing an unproven model--a digitally native, direct-to-consumer brand--out of his Manhattan apartment. It was a new-school approach to selling an old-school product: men's pants. Against all odds, business was booming. Dunn hustled to scale the business, raising tens of millions of dollars in venture capital, while boundaries between work and life evaporated. As he struggled to keep Bonobos afloat, Dunn was also haunted by a ghost: a bipolar diagnosis received after a wild manic episode as a college undergraduate, one that had punctured the idyllic veneer of his Midwestern upbringing. He had understood his diagnosis as an unspeakable shame, which, according to the masculine codes of his fraternity and the business world, should never be addressed. With Dunn's secret locked away, Bonobos began to take off, and some of the very traits powering his success as a founder--relentless drive, confidence bordering on hubris, and ambition bordering on delusion--were now threatening to undo him. A collision course was set in motion--one that would culminate in a violent night that nearly unraveled all that he had built. *Burn Rate* is an unconventional entrepreneurial memoir, a parable for the twenty-first-century economy, and a revelatory look at the prevalence of mental illness in the startup community. In intimate and insightful prose, Andy Dunn fearlessly shines a light on the dark side of success and how he overcame it.

Resilient Grieving

A Redemptive Path Forward

Brain and Body in a Search for the Living Past: A Practical Guide for Understanding and Working with Traumatic Memory

The Golden Couple

Creating a New World of Enlightened Personal Interaction

The Search for Self in Early Adulthood

Burn Rate

Heart Thoughts

Unraveling trauma in the body, brain and mind--a revolution in treatment. Now in 16 languages. In this culmination of his life's work, Peter A. Levine draws on his broad experience as a clinician, a student of comparative brain research, a stress scientist and a keen observer of the naturalistic animal world to explain the nature and transformation of trauma in the body, brain and psyche. In an Unspoken Voice is based on the idea that trauma is neither a disease nor a disorder, but rather an injury caused by fright, helplessness and loss that can be healed by engaging our innate capacity to self-regulate high states of arousal and intense emotions.

Enriched with a coherent theoretical framework and compelling case examples, the book elegantly blends the latest findings in biology, neuroscience and body-oriented psychotherapy to show that when we bring together animal instinct and reason, we can become more whole human beings.

Now in 24 languages. *Nature's Lessons in Healing Trauma...* *Waking the Tiger* offers a new and hopeful vision of trauma. It views the human animal as a unique being, endowed with an instinctual capacity. It asks and answers an intriguing question: why are animals in the wild, though threatened routinely, rarely traumatized? By understanding the dynamics that make wild animals virtually immune to traumatic symptoms, the mystery of human trauma is revealed. *Waking the Tiger* normalizes the symptoms of trauma and the steps needed to heal them. People are often traumatized by seemingly ordinary experiences. The reader is taken on a guided tour of the subtle, yet powerful impulses that govern our responses to overwhelming life events. To do this, it employs a series of exercises that help us focus on bodily sensations. Through heightened awareness of these sensations trauma can be healed.

Winner of the Arthur Ellis Award for Best Non-Fiction Crime Book From award-winning author and journalist Patricia Pearson, *When She Was Bad* questions our understanding of violent women. Why do some women murder their children? Why do others team up with men in ghoulish killing sprees? What motivates the female serial killer? *When She Was Bad* explores the enigmatic heart of female darkness, drawing into focus such fascinating characters as Dorothea Puente, who murdered several elderly tenants in her boarding house in Sacramento; Mary Beth Tinning, who killed eight of her children in upstate New York; Karla Homolka, who joined forces with Paul Bernardo to abduct, rape and murder school girls in southern Ontario; and Karla Faye Tucker, the born-again Christian who was executed in Texas for having killed two people with a pickax. In this provocative book, Patricia Pearson explores women's innate capacity for aggression, an idea we remain deeply uncomfortable with.

The motivational memoir by a formerly incarcerated man who transformed from founder and leader of the Dallas Bloods to a practitioner of peace and nonviolence in the neighborhood he once helped destroy. As a child of an incarcerated father, Antong Lucky grew up in an impoverished, crime-ridden neighborhood in East Dallas, Texas, born at the same time as East Dallas experienced an alarming rise in crack cocaine and heroin use. Despite his high grades and passion for learning, Antong is introduced to gang life and its consequences. Eventually, Antong forms the Dallas Bloods gang, inaugurating a period in the 1990s of escalating retaliatory gun

violence buoyed by a lucrative illegal drug enterprise until he is ultimately arrested and sentenced to seven years in prison. His journey through the doors of transformation came through the pain of incarceration and introspection that caused him to question the cognitive distortions embedded in him since childhood. Once in prison, Antong denounced his gang affiliation and began working to unite rival gangs, quickly rising to become one of the most respected and sought-after mentors in prison. A spiritual transformation further inspired Antong to return to his old neighborhood after early release, seeking to align with like-minded people dedicated to challenging systemic issues in U.S. communities through collective efforts. The work of an incisive, determined mind, *A Redemptive Path Forward* will take its place among the broadening canon of titles championing and investigating prison abolition and societal transformation.

Tapping into Finnish Fortitude for a Happier, More Resilient Life

A Guide to the Decisions That Define Us

A Practical Guide to Lifelong Brain Development, Emotional Growth, and Healing Trauma

Reversing Chronic Pain

The Innate Capacity to Transform Overwhelming Experiences

A Revolution in Parenting

A Memoir of Trauma and Transcendence

How to Transform Personal and Environmental Toxins

Whether you are stuck in the distress of life, or appear like nothing's wrong, you may have faced trauma or incredible stress or suffocating fear. Maybe you wonder whether those emotions, memories, and experiences are blocking you from being as fulfilled and happy as you could be. Maybe you're stuck in patterns that simply no longer work for you. What if you could change it all? What if you could feel safe and solid and secure inside your own body? What if your life could be peaceful and centered and fulfilled? In *Becoming Safely Embodied*, Deidre Fay shares from her 35 years of psychotherapy and spiritual practice to provide a truly practical way to integrate modern neurobiology and ancient wisdom to finally and completely heal from emotional trauma, no matter how deep or faint, how long ago or recent you experienced the pain. Throughout her years as a therapist, Deidre noticed that clients would make progress while in a therapy session and then revert to old patterns between sessions. What people need is a set of skills and practices to support ongoing healing and wholeness. That's what this book will help you with. You'll discover: What "trauma" is and why you might have had a hard time healing from this pain, Why shame is an attachment wound and how to harness self-compassion to truly transform suffering, What to do when you feel like you're easily "triggered" by a certain person or situation in your life so that you can stay centered and safe, Instantly effective methods of breath work for brain change and emotional regulation so that you can calm your mind or energize your body, The nine core skills that can help you to be more at home with your internal world and cultivate a body that's a safe place for rest, reflection, and wellbeing, Simple daily practices that (like brushing your teeth) promote ongoing healing in your body, mind, and soul, And much, much more. Whether you are healing from abandonment issues or from pain or from grief—or whether you are helping someone else to heal—*Becoming Safely Embodied* is your map and guidebook to finally becoming at home with your internal world, cultivating a body that's a safe place for rest, reflection, and wellbeing, and creating the life you want to live, instead of living in the life your history catapults you into. You may be wondering, "Is it possible for ME? Can I change? Is it possible for me to shift these painful patterns into a more fulfilling life? Can I truly organize this crazy inner world?" The simple answer is, "Yes," and your journey to becoming safely embodied begins inside the pages of this book.

A pioneering psychotherapist tackles the overlooked stage of Quarterlife, the critical developmental years between adolescence and midlife, and provides a roadmap to navigate its struggles and find joy and understanding in adulthood. I feel so stuck. What's wrong with me? Is this all there is? Satya Doyle Byock hears these refrains regularly in her psychotherapy practice, where she works with "Quarterlifers," individuals between the ages of sixteen to thirty-six. She understands their frustration. Some clients have seemingly done everything "right": earn a degree, get a job, meet a partner, settle down. Yet, even after checking these boxes, they are left unfulfilled and unclear on what to do next. Byock calls those clients "Stability Types." Others are uninterested in following this prescribed path, but often feel unmoored as a result. She refers to them as "Meaning Types." While society is quick to label the emotions and behavior of this age group as traits of generations like millennials or Gen-Z, Byock sees things differently. She believes these struggles are a natural part of the developmental journey of Quarterlife, a distinct stage of life like adolescence or midlife that every person goes through and which has been virtually ignored by popular culture and psychology. In *Quarterlife: The Search for Self in Early Adulthood*, Byock utilizes personal storytelling, mythology, Jungian psychology, pop culture, literature, and client case studies to provide guideposts for this period of life. Readers will be able to gain a sense for where they exist on the spectrum between Stability Types and Meaning Types, as well as context for what Byock calls the four pillars of Quarterlife development: • Separate: Gaining independence from the individuals, relationships, and expectations that no longer serve you • Listen: Paying close attention to your own wants and needs • Build: Creating, cultivating, and constructing tools and practices for your development • Integrate: Taking what you've learned and manifesting something new Quarterlife is a defining work that offers a compassionate roadmap towards finding understanding, happiness, fulfillment, and wholeness in adulthood.

On Valentine's Day, after a night of red wine and pasta and planning for their future, Natasha Sholl and her partner Rob went to bed. A few hours later, at the age of 27, his heart stopped. *Found, Wanting* tells the story of Natasha's attempt to rebuild her life in the wake of Rob's sudden death, stumbling through the grief landscape and colliding with the cultural assumptions about the 'right way' to grieve. It is a memoir about falling in love in the aftermath of loss, and what it means to build a life in the space that death leaves. Furious and passionate, bracingly honest and beautiful, *Found, Wanting* is above all, a memoir about living and making sense of the multitude of lives within us. PRAISE FOR FOUND, WANTING 'Sholl has given us a beautifully written memoir that powerfully delivers the wisdom each of us will need at some point about how a human life is spacious enough to accommodate both grief and joy.' - Sarah Krasnostein, author of *The Trauma Cleaner* 'Sholl is a stunning writer and observer of the human condition. Gripping, candid and tender, *Found, Wanting* is for anyone who knows the loneliness of loss.' - Jessie Stephens, author of *Heartsick*

Wild Problems