



The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk, MD | Key Takeaways, Analysis & Review

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PLEASE NOTE: This is key takeaways *and analysis* of the book and NOT the original book.

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Preview:

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

Inside this Instaread of The Body Keeps the Score:

- Overview of the book
- Important People
- Key Takeaways
- Analysis of Key Takeaways

About the Author

With Instaread, you can get the key takeaways and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for

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The publication with title The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk, MD | Key Takeaways, Analysis & Review possesses a lot of information that you can understand it. You can get a lot of gain after read this book. This kind of book exist new knowledge the information that exist in this reserve represented the condition of the world currently. That is important to you to be aware of how the improvement of the world. That book will bring you in new era of the global growth. You can read the e-book on your smart phone, so you can read the idea anywhere you want.

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