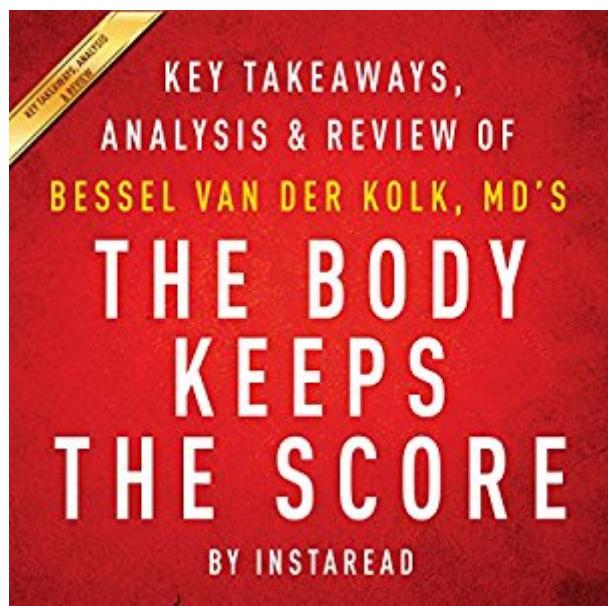


The book was found

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

Audible Audio Edition

Listening Length: 21 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Instaread

Audible.com Release Date: November 6, 2015

Language: English

ASIN: B017MW4RKC

Best Sellers Rank: #69 in Books > Health, Fitness & Dieting > Psychology & Counseling > Psychopharmacology #72 in Books > Medical Books > Psychology > Psychopharmacology #164 in Books > Audible Audiobooks > Nonfiction > Study Aids

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.

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!

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

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 other 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 goodbye's 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.

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). Forth, 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...

This was my first try at a summary or outline of any kind. This Instaread overview consisted mainly of 9 one-sentence "Takeaways", each supported by a few paragraphs of "Analysis." It was more detailed than most book reviews, but far less inspiring, and for a few dollars more I could've bought the book itself! Next time, I'll do that or settle for a good book review..

This synopsis, while comfortably readable in tone, is extremely dense with information. It serves as

an introduction to the field of trauma, its impact, and treatment in its own right and it comes with a respectable list of citations in the back if you feel The Body Keeps the Score is not the book you'd like to move to next. It discusses Dr. Bessel van de Kolk's groundbreaking work on trauma, first in recognizing and defining Post Traumatic Stress Disorder (PTSD) and later Developmental Trauma Disorder (DTD), his drive to have DTD listed in the DSM and his extensive work on researching treatment options. The points of the book this analysis examines are: 1. Identifying PTSD allowed research on treatment to begin. 2. Trauma creates not just memories but points of flashback. 3. Traumatic events create a cycle of stress, anxiety, and dissociation. 4. Trauma short-circuits healthy brain function. 5. Trauma affects the body as well as the mind. 6. Dysfunctional relationships between a child and a primary caregiver can create and predict trauma. 7. Drugs and talk therapy, while useful, are limited in their efficacy in the treatment of trauma. 8. Trauma treatment needs to be holistic. 9. Lack of understanding of DTD restricts treatment options for children. Each point is analyzed, bringing in quotes from the book or other sources. Further, this guide puts forth Dr. Kolk's proposals in broad form. Finally, it discusses the writing style of the book, and what type of audience it suits. This has far more information than would seem reasonable in so small a guide. Highly recommend. I received a sample in exchange for an honest review.

[Download to continue reading...](#)

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk, MD | Key Takeaways, Analysis & Review Key Takeaways, Analysis & Review: The Life-Changing Magic of Tidying Up by Marie Kondo: The Japanese Art of Decluttering and Organizing How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success, by Julie Lythcott-Haims: Key Takeaways, Analysis & Review Key Takeaways, Analysis & Review of Yuval Noah Harari's Sapiens: A Brief History of Humankind Mindset: The New Psychology of Success by Carol S. Dweck, PhD: Key Takeaways, Analysis & Review Summary of Mindset: by Carol S. Dweck, Ph.D | Key Takeaways, Analysis & Review Being Mortal: by Atul Gawande | A 15-minute Key Takeaways & Analysis: Medicine and What Matters in the End The Emperor of All Maladies by Siddhartha Mukherjee | Key Takeaways & Analysis: A Biography of Cancer Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Healing Trauma: Attachment, Mind, Body and Brain (Norton Series on Interpersonal Neurobiology (Hardcover)) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Brain

Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) Key West D.O.A.: A Jack Marsh Briar Malone Key West Action Thriller (Key West Action Thriller Series Book 6) Vincent Van Gogh Drawings (Vincent Van Gogh, Drawings) Vol.4 Een ontdekkingstocht in de binnenlanden van Suriname: dagboek van de Saramacca-expiditie Van Gogh y sus cartas a Theo: MÃ¡s allÃ¡ de la leyenda (Misterios de Van Gogh nÃº 2) (Spanish Edition) Una Hora con Van Gogh: BiografÃ- a completa para Principiantes (Misterios de Van Gogh nÃº 1) (Spanish Edition)

[Dmca](#)