A neurologists view of our response to trauma. Our experiences of trauma sow the seeds of many persistent and misunderstood medical problems such as chronic fatigue syndrome and various maladies of the immune system. Because of our inadequate understanding of the relationship of mind and body in processing these traumas, many of us suffer needlessly from our exposure to lifes traumas. Robert Scaer offers hope to those who wish to transform trauma and better understand their lives.

Features:
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My Personal Review:
Here’s a book that is just superb, in my book! Scaer is a retired medical doctor who no longer gives a rat’s butt about being censured by the AMA. Just my kinda guy! And he has definitely NAILED all the ways that unresolved embodied trauma directs virtually everything in our lives from the kinds of work we do, to the kinds of parents we become, to the kinds of health issues and illnesses we encounter, to the kinds of friends and life partners we end up with. An amazingly, coherent, comprehensive account by someone who has unquestionably cleared out a lot of his own embodied trauma along the way.

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