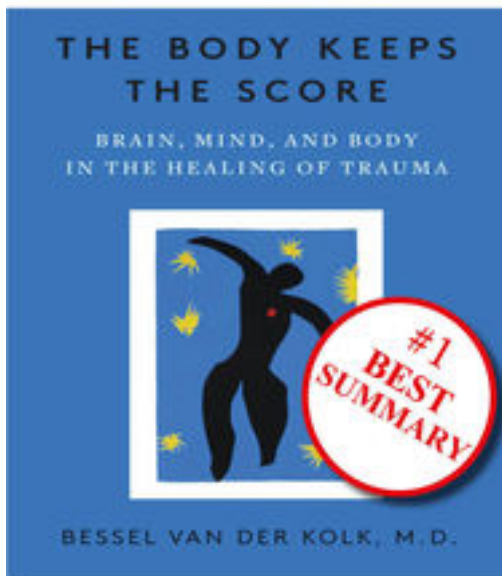


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Disclaimer: this summary is written and published by Brian Scott. This is a summary of the original book, yet it is not written by Dr. Bessel van der Kolk.

Trauma is an unavoidable truth. Veterans and their families manage the excruciating result of battle; one out of five Americans has been assaulted; one out of four grew up with drunkards; one of every three couples have been through physical violence.

BRIAN SCOTT

Dr. Bessel van der Kolk, one of the world's chief specialists on trauma, has spent more than three decades working with people who survived traumatic events. In *The Body Keeps the Score*, he makes use of the latest scientific findings to illustrate how trauma actually reshapes both body and mind, trading off victims' abilities for pleasure, self-control, engagement and trust. Dr. Bessel explores alternative and innovative ways to treat and recover from childhood traumatic events. These methods, such as yoga, meditation, neurofeedback, sport and dram, are designed to activate the brain's natural plasticity, helping the patient magically get rid of the trauma and its pain.

In this summary of Dr. van der Kolk's page turner, I will walk you through:

The exact way trauma is formed.

How does it prevent you from living your life to the fullest.

The exact way to hack the trauma and save yourself from the past to live a happy and satisfying life.

One line key takeaways for every idea worth remembering from the book.

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All that and more in less than 1h of your time.

If you feel like you have been through trauma, this summary is written for no one else but you. Save yourself more than 4 hours of reading and get the gist you need to heal your wounds.

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