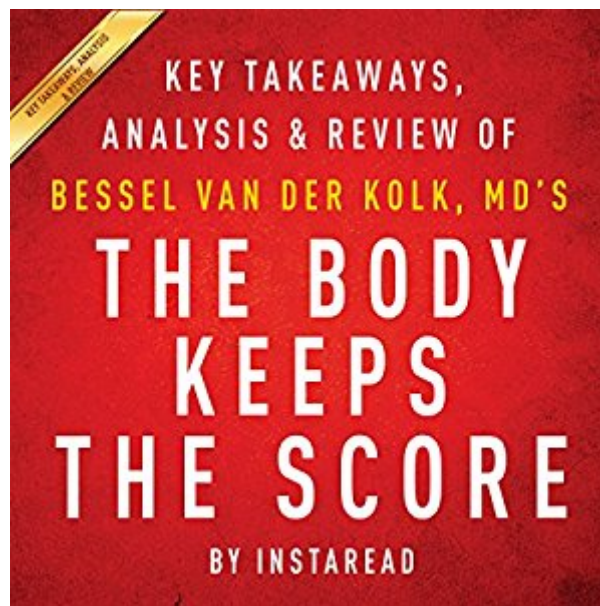


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# The Body Keeps The Score: Brain, Mind, And Body In The Healing Of Trauma By Bessel Van Der Kolk, MD | Key Takeaways, Analysis & Review



## 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

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## 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 der 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. Disfunctional 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.

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