



Summary of the Body Keeps the Score: By Bessel Van Der Kolk M.D. Includes Analysis

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Summary of The Body Keeps the Score by Bessel van der Kolk, MD - Includes Analysis

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...

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

Inside this Instaread of *The Body Keeps the Score*: Overview of the book Important People Key Takeaways Analysis of Key Takeaways

About the Author

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