Waking Tiger Peter A Levine

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now in 24 languages nature s lessons in healing trauma waking the tiger offers a new and hopeful vision of trauma it views the human animal as a unique being endowed with an instinctual capacity it asks and answers an intriguing question why are animals in the wild though threatened routinely rarely traumatized by understanding the dynamics that make wild animals virtually immune to traumatic symptoms the mystery of human trauma is revealed waking the tiger normalizes the symptoms of trauma and the steps needed to heal them people are often traumatized by seemingly ordinary experiences the reader is taken on a guided tour of the subtle yet powerful impulses that govern our responses to overwhelming life events to do this it employs a series of exercises that help us focus on bodily sensations through heightened awareness of these sensations trauma can be healed

volume 14 of progress in self psychology the world of self psychology introduces a valuable new section to the series publication of noteworthy material from the kohut archives of the chicago institute for psychoanalysis in this volume from the kohut archives features a selection of previously unpublished kohut correspondence from the 1940s through the 1970s the clinical papers that follow are divided into sections dealing with transference and countertransference selfobjects and objects and schizoid and psychotic patients as howad bacal explains in his introduction these papers bear witness to the way in which self psychology has increasingly become a relational self psychology a psychology of the individual s experience in the context of relatedness coburn s reconstrual of countertransference as an experience of self injury in the wake of unresponsiveness to the analyst s own selfobject needs livingston s demonstration of the ways in which dreams can be used to facilitate a playful and metaphorical communication between analyst and patient gorney s examination of twinship experience as a fundamental goal of analytic technique and lenoff s emphasis on the relational aspects of phantasy selfobject experience are among the highlights of the collection enlarged by contemporary perspectives on gender and self experience and a critical examination of kohut loewald and the postmoderns volume 14 reaffirms the position of self psychology at the forefront of clinical developmental and conceptual advance

a tribute to the visionary designer whose creative brilliance left an indelible mark on the world of sneakers athletic wear and the sports industry uniquely becoming one of the most influential and celebrated creative directors of both adidas and nike the book reveals for the first time the inside story behind the creation of the air jordan 1 the sneaker that lives

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jerry hartford an attractive but naive young woman is attracted to her married playboy boss and ends up involved in his criminal activities

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