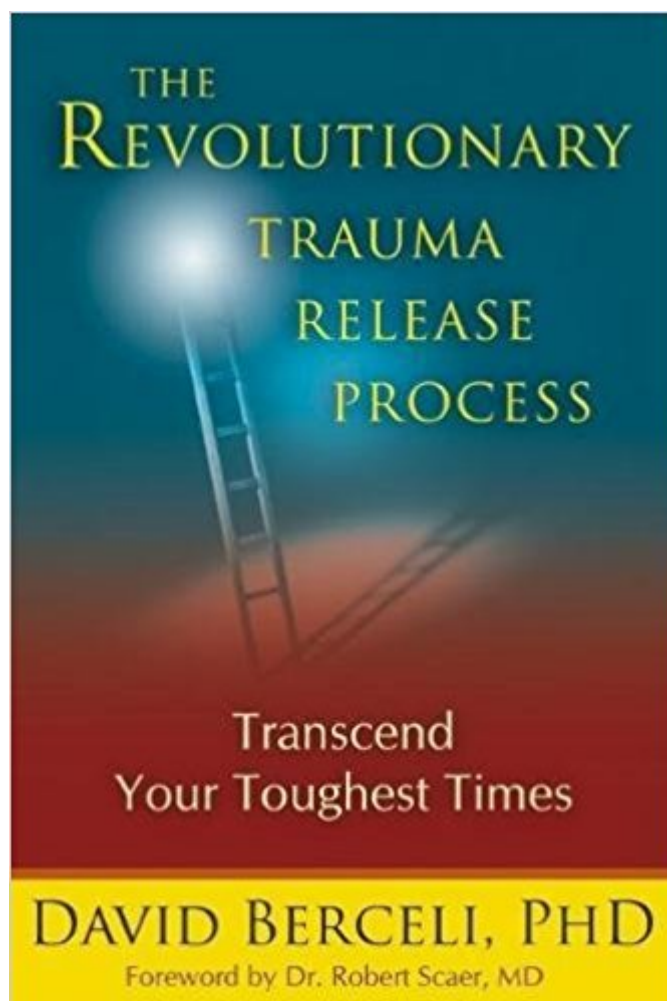


The book was found

The Revolutionary Trauma Release Process: Transcend Your Toughest Times



Synopsis

Life is stressful, anxiety provoking, and frequently traumatic. The result is that many of us are hurting, and often we are unaware of how deep our pain runs. These experiences aren't simply over and done with once they have passed. They each leave their mark, etched deep into both the psyche and the body. This affects how well we function from this point onwards. The Revolutionary Trauma Release Process shows what stress, anxiety, and trauma do to our mental wellbeing and physical health. Despite the suffering we experience in life, Dr. Berceli argues that even the most damaging events can become a pathway to a more fulfilling and meaningful life. The magic of The Revolutionary Trauma Release Process is that it can be utilized by anyone, any place on the planet. The process can reestablish a person's equilibrium, stabilize their life, and turn them to an emotionally healthy place.

Book Information

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Customer Reviews

David Berceli is an international expert in the areas of trauma intervention and conflict. He is the founder and CEO of Trauma Recovery Assessment and Prevention Services and he lives in Arizona.

When I first read through this book, I thought there was a lot of fluff and I just wanted him to get to the exercises so I could see if they worked. They were in a short section at the back of the book and looked unremarkable. But when I tried them wow! It was an amazing release and I have been using

them ever since. I haven't found something so simple and useful...maybe ever. I am re-reading the beginning now and understanding more and will hopefully take his training at some point.

I went to medical school and never learned that the body had the capability to work in this way. The ideas and information in this book are truly cutting-edge and have the ability to transform our understanding of how the body works and the ways in which trauma and painful emotions can be resolved. This information has the potential to help many people. Highly recommended.

Really enjoying the actual exercises outlined in the book. The many chapters leading up to the exercises are interesting, but a bit overkill. It's a short book, but could have been even shorter; I eventually ended up skipping right to the exercise section in the back.

The reviewers who write that it doesn't work for them could benefit from the assistance of a certified instructor, so their questions and complaints could be addressed by someone who is experienced in this practice. The exercises are not the practice, they only help someone trigger the body's natural release mechanism. The book does not give enough information on exactly what this mechanism is and how and why particular muscles are involved. Because of my many years of dance training I had no difficulty learning how to turn on this mechanism in my body and I have no difficulty in turning it off. It is extremely beneficial to my physical and emotional state to do this practice daily.

I have been aware of the flight/fight response in my body but didn't find any system that worked long to help me deal with it. I had read Peter A. Levine's book and tried his exercises, but as I am already very connected to my feelings and aware of my body's reaction to them, his book didn't help much. David's book gives you a physical way to release this reaction. I had gained weight over many years due to job stress and family trauma. I've also gone through menopause which I consider a stress on the body. Most women who have gone through menopause know that it is very hard to lose weight afterwards. I performed the exercises in this book one time, in which I was able to induce the tremors. I felt relaxed and sleepy afterwards, but I didn't expect to have any other particular benefit from the exercises. It was with great joy that within a week I found myself finally dropping below a weight threshold that I had not been able to get past for years- without doing anything new with regards to my diet or exercise routine. When I exercise regularly and eat less sugar/grains I start losing weight again. Winter weather makes it hard for me to motivate myself to get moving, but despite that my weight has remained stable. I haven't chunked back up despite occasional

indulgence in cinnamon rolls and buttered bread. I think I have recovered somewhat my natural metabolism that I had prior to traumatic stresses in my life. I did find that after successfully inducing the tremors that one time that I couldn't seem to exercise hard enough (that same week) to induce them again. Perhaps that one time was enough to release the energy in my body that had built up over years. Now that several months have passed, I plan to actually buy the book (originally borrowed from the library) and see if I can get some more benefit from performing the exercises again assuming that tension has had time built itself back up from the regular daily stressors of life. I highly recommend that everyone try the exercises in this book at least once. Perhaps you will be happily surprised like I was at the benefits that may result.

I have read many books and tried for many years to understand the mechanics of trauma and its effect on us as a race, as families and as individuals. In a way that traces trauma to its roots and exposes why humans process it differently than other species, David Berceli shows us a new way to unlock the trauma that has been stored in our bodies and release it in the way it was naturally meant to be released. Through an insightful overview of the history of trauma in our race along with the acknowledgement of the power of forgiveness, Berceli weaves together an insightful and radically new approach to trauma that involves an understanding of the historical, emotional and physical aspects of healing this condition that unknowingly grips so many. An important thing to remember about this book is that when we think of trauma, many of us conjure up an image of severe trauma like war or natural disasters or other forms of violence. What I learned from reading this book and practicing its exercises is that trauma can actually take the form of more subtle stresses in our lives and when we experience these stresses over prolonged periods of time even these subtle stresses can immobilize us from living a more fulfilled and peaceful existence. I have found that when I go through times where I am practicing Berceli's exercises, my entire experience of the day, even stressful events, is more manageable and I am better equipped to move through life in a more grounded and peaceful way.

Berceli has provided a well researched insight into the nature of trauma, how it is created, what happens in our brains and nervous systems etc. He brings a much needed awareness to the effect that Trauma and PTSD have on our society, be it within our families, in love relationships, in the corporate world, in schools and universities etc. It's inspiring to see how easily we can resolve the ill-effects of trauma and PTSD, and this book illustrates that it is an urgent necessity in today's world! Complete with a detailed description of Berceli's Trauma Release Process (ÃfÂçÃ â Ã Âç)

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