



*A pioneering researcher and one of the world's foremost experts on traumatic stress offers a bold new paradigm for healing*

## THE BODY KEEPS THE SCORE

Brain, Mind, and Body in the Healing of Trauma

BESSEL VAN DER KOLK, M.D.

Trauma is a fact of life. One in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence; veterans and their families deal with the painful aftermath of combat. Such experiences inevitably leave traces on minds, emotions, and even on biology. Sadly, trauma sufferers frequently pass on their stress to their partners and children.

Renowned trauma expert Bessel van der Kolk has spent over three decades studying trauma. In *The Body Keeps the Score*, he transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments . . . including neurofeedback, mindfulness techniques, play, yoga, and other therapies. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* offers proven alternatives to drugs and talk therapy—and a way to reclaim lives.

- Dr. van der Kolk lectures to over 40,000 people each year around the world, addressing audiences of leading neuroscientists, mental health professionals, therapists, school teachers, law enforcement personnel and policymakers.
- With its fascinating blend of current research, history, and accounts of the author's own patients, the book will appeal to readers of the work of Oliver Sacks and Jerome Groopman.
- Dr. van der Kolk is an expert on trauma and wrote a popular op-ed on the subject that ran in *The New York Times* in 2011.
- How people cope with traumatic stress—from large-scale tragedies like 9/11 or mass school shootings to individual traumas like chronic child abuse and returning combat veterans—are a constant subject of fascination.

The founder and medical director of the Trauma Center in Brookline, MA and director of the National Complex Trauma Treatment Network, **BESSEL VAN DER KOLK, M.D.** lives in Boston, Massachusetts.

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