

Waking The Tiger Healing Trauma

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Waking The Tiger Healing Trauma

He is also the author of several books, including the bestselling Waking the Tiger: Healing Trauma and the recent publication In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness.

Somatic Experiencing Trauma Institute

It would stand to reason then, that healing past trauma is imperative to becoming a more effective and conscious leader. I believe that leaders must move from a "me" (ego) perspective to a "we" ...

Healing Trauma: Why It's Fundamental For Effective Leadership

"I wear red on Sundays because my mom thinks it's my power color, and you know you should always listen to your mom" ...

Tiger Woods and the secret of red and black

Whether its an isolated event or repeated abuse, the emotional scars must be addressed. A man who broke through significant trauma from his childhood discusses how to take the steps to heal.

Surviving trauma: steps to start healing

Investigations of how people have used music to represent, perform, enact and cope with trauma have proliferated in the last decade, although these have often focused on post-World War II musicians ...

Introduction Theorizing Trauma and Music in the Long Nineteenth Century

Do you like experiencing secondhand anxiety? Thoroughly enjoyed the experience of watching Free Solo, but kinda wished there was more water and risk of drowning involved? Then you're going to ...

70 Of The Best TV Shows To Stream On HBO Max In May

Yes, that means you may be your current S.O.'s second choice without realizing it. (Sorry for waking up and choosing chaos with this article!) That slightly uncomfortable relationship subtext ...

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