

HOW TRAUMA RESHAPES THE BODY—AND HOW HEALING BEGINS

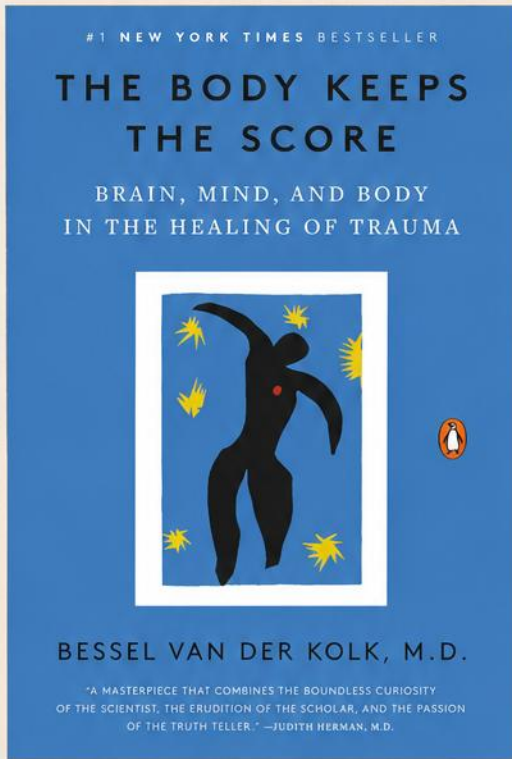
Bessel van der Kolk, M.D.'s The Body Keeps the Score Changes How We Understand Trauma Forever

Trauma is more than a memory—it's a full-body experience that can alter the brain, emotions, relationships, and even physical health. In *The Body Keeps the Score*, renowned psychiatrist and trauma researcher Dr. Bessel van der Kolk reveals how traumatic stress reshapes the brain and body—and offers a powerful new paradigm for recovery.

Drawing on over three decades of clinical experience and cutting-edge science, van der Kolk shows that trauma is not just something we think about—it's something we live and feel in our bodies every day.

From combat veterans to survivors of abuse, addiction, and violence, this groundbreaking book explains why traditional talk therapy isn't always enough—and how innovative, body-based treatments can help heal minds, bodies, and lives.

A compassionate, scientific, and deeply human exploration of one of the most urgent issues of our time.



“Essential reading for anyone interested in understanding and treating traumatic stress and the scope of its impact on society.”

—Alexander McFarlane, Director of the Centre for Traumatic Stress Studies

THE IMPACT OF TRAUMA



Changes the Brain



Affects Emotions



Impacts Relationships



Alters the Body



Disrupts Self-Regulation

A NEW PARADIGM FOR HEALING



Dr. van der Kolk explores a variety of therapies that help activate the brain's natural neuroplasticity, including:

- Neurofeedback
- Meditation and Mindfulness
- Yoga and Movement
- Drama and Role-Play
- EMDR and Body-Based Therapies

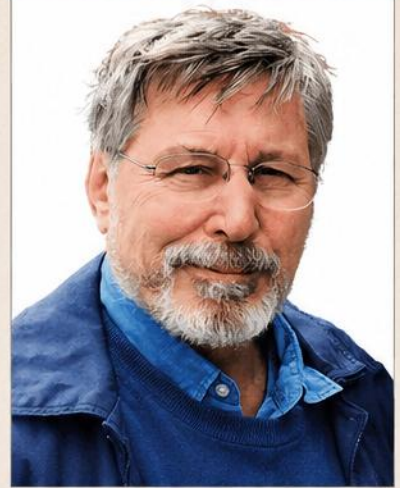
These approaches help survivors reclaim safety, connection, and control.

KEY TAKEAWAY

“The body keeps the score of overwhelming experiences; but it can also society.”



ABOUT THE AUTHOR



BESSEL VAN DER KOLK, M.D.
Psychiatrist, Author, and Trauma Expert

Bessel van der Kolk, M.D., is a psychiatrist and one of the world's leading experts on trauma.

For over three decades, he has studied how traumatic experiences affect the brain, body, and behavior—pioneering research that has transformed the field of mental health.

His work integrates neuroscience, attachment theory, and innovative therapeutic approaches to help survivors heal.

He lives and works in the Boston area.

WHY THIS BOOK MATTERS

- Explains how trauma literally changes the brain and body
- Offers hope through science-backed pathways to healing
- Introduces innovative therapies beyond traditional talk therapy
- A vital resource for clinicians, educators, and anyone seeking deeper understanding
- Transforms the conversation about trauma, resilience, and recovery

PRaise for the Body Keeps the Score

★★★★★

“A masterpiece.” — Judith Herman, M.D.

★★★★★

“Life-changing and deeply important.” — Peter Levine, Ph.D.

★★★★★

“The most important book on trauma I've read.” — Amazon Reviewer

★★★★★

“This book should be required reading everyone.” — GoodReads Reviewer



READ AND HEAL TODAY

Discover the book that is changing lives and transforming trauma care. Available now on Amazon.

www.amazon.com/author/Bessel-van-der-Kolk



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