



## Healing Trauma from the Inside Out: Practices from the East and West (Paperback)

By Pamela Tinkham Lcsw

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. (Illustrations in black and white.) We have all had some trauma in our lives which can compromise our nervous system. Healing Trauma from the Inside Out, Practices from the East and West offers skills to help restore your system back to wholeness. The intention of the book is to help assist you in creating a deeper understanding, intimacy, and appreciation of YOU. In addition, the book includes beautiful artwork by Sarah Szabo. Pamela Tinkham s delightful new book teaches us about the deeply healing nature of mind-body work. She is practical and poetic-and easy to read. Through Pamela s personal journey and teachings, we learn about the integration of yoga, psychotherapy, exercise, and meditation; and fascinating new ways to heal trauma. This is an exciting book. For those of us who are interested in mind-body care, Pamela Tinkham provides a clear path forward. Well done. As the field of neuroscience advances, we find more and more about the strong interconnection between mind, brain, and body, how thoughts and chemistry weave their way into emotion and spirituality. The head bone is surely...



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