



Trauma Through a Child's Eyes: Awakening the Ordinary Miracle of Healing

Peter A. Levine Ph.D., Maggie Kline

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An essential guide for recognizing, preventing, and healing childhood trauma, from infancy through adolescence—what parents, educators, and health professionals can do.

Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents such as auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit, resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression. Rich with case studies and hands-on activities, *Trauma Through A Child's Eyes* gives insight into children's innate ability to rebound with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma.

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