



The BIOLOGY *of* TRAUMA

How the Body Holds
Fear, Pain, and Overwhelm,
and How to Heal It

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Foreword by Gabor Maté, MD

Healing Trauma Guide International Bestseller

Jeff Herman



that matter from the 1930s to the present day It offers fuller credits longer synopses and reviews plus comprehensive Oscars information alternative titles a complete star rating and a comprehensive index of directors It also draws on the expertise of TV Guide s entire team of film experts each skilled in a different kind of film from classic Hollywood musicals to low budget cult favourites giving the reader more informed and opinionated critique than other books of this kind *The American Farmer* American Farmer Company,1903 Youth's Companion ,1904 *TV Guide Film & Video Companion* ,2004

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