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keeps the score quotes showing 1 30 of 1 407 traumatized people chronically feel unsafe inside their bodies the past is alive in the form of gnawing interior discomfort web the body keeps the score mind brain and body in the transformation of trauma paperback 24 sept 2015 by bessel van der kolk author 59 945 ratings amazon charts 12 this week see all formats and editions kindle edition 7 99 read with our free app audiobook 0 00 free with your audible trial hardcover 71 56 3 used from 68 77 web what distinguishes the body keeps the score is that the author is both a scientific researcher with a long history of measuring the effect of trauma on brain function memory and treatment outcomes and an active therapist who keeps learning from his patients what benefits them most web national center for biotechnology information

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