



The Trauma Spectrum: Hidden Wounds and Human Resiliency

By Robert Scaer

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A neurologist's view of our response to trauma.

Our experiences of trauma sow the seeds of many persistent and misunderstood medical problems such as chronic fatigue syndrome and various maladies of the immune system. Because of our inadequate understanding of the relationship of mind and body in processing these traumas, many of us suffer needlessly from our exposure to life's traumas. Robert Scaer offers hope to those who wish to transform trauma and better understand their lives.

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Review

A powerful documentation of the wider-reaching nature of trauma than medical science would usually permit. -- *California Bookwatch*

A thought-provoking alternative to the conceptualization of trauma...Redefines trauma as a continuum of variably negative life events...Highly recommended. -- *Choice*, R. B. Stewart, Jr.

Rich clinical observations, systematic conceptualizations of real-life trauma cases, therapeutic expertise, encyclopedic knowledge, and professional integrity shine through...this appealing book. -- *PsycCritiques*

About the Author

Robert Scaer, MD, a board-certified neurologist with forty years of clinical experience, lives in Louisville, Colorado.

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