



Do trauma à cura (Portuguese Edition)

Gina Ross

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Discípula de Peter Levine, Gina Ross apresenta nesta obra conceitos fundamentais para compreender e superar traumas – acidentes, violência, desastres naturais etc. Com linguagem simples e direta, ela ensina o leitor a utilizar seus próprios recursos para sair da espiral do trauma e atingir um estado de equilíbrio emocional. Exercícios ao longo do texto auxiliam na compreensão dos conceitos apresentados.

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