



# The Trauma Spectrum: Hidden Wounds and Human Resiliency

*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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