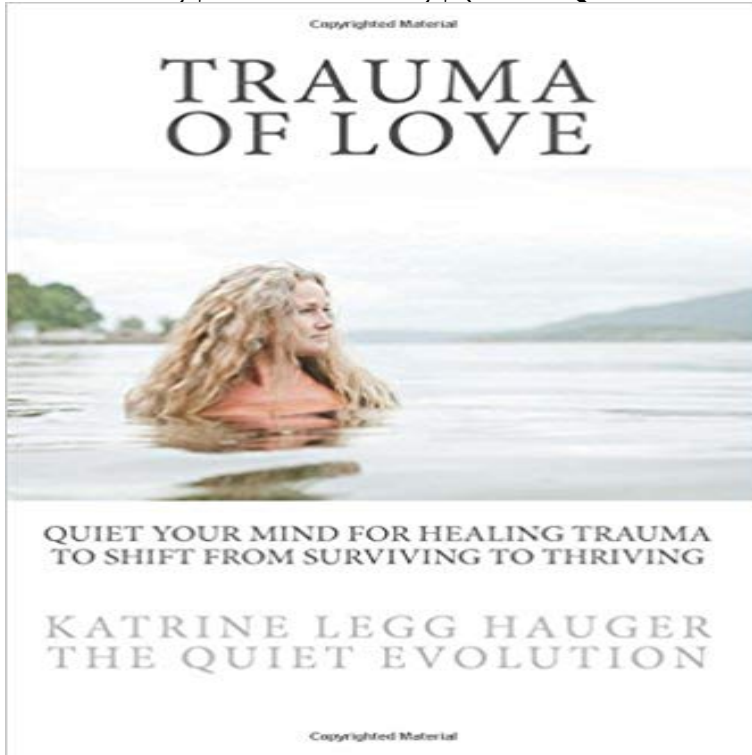


Trauma of Love: Quiet Your Mind For Healing Trauma To Shift From Surviving To Thriving (The Quiet Evolution) (Volume 1)



What is a human being? What is being? Have you had enough doing? Are you feeling overwhelmed? Being quiet, healing trauma, becoming connected and slowing down are needed now more than ever. Deficiencies in our modern lifestyles of blindly day-walking through life - surviving without connection - goes against the grain of our nature. We are ravaged by survival strategies including stress, fatigue, infertility, addictions, violence, abuse, depression and confusion. My story the Trauma of Love reveals that some of us are too wounded to feel our underlying pain. Our bodies rejection of this not only causes the problems but had the power to heal them. Dare your vulnerability, bodyfulness, the dance of your goosebumps. Own your story and stay grounded in your body psyche consciousness of all there is. What if we didnt have to survive and could simply be - a human being? The fact that we are often blocked from connecting with our bodies underlies most psychological and physiological problems. A unified approach to traditional psychology and modern trauma theory integrates fragmented parts of our psyche in the moment. These parts may include: early trauma, inner and outer victim-perpetrator dynamics, addictions, low self-esteem, stress, shame and self-judgment, while emphasizing our healthy resources and resiliency capacities. This books step-by-step transformational insights and writing methods help you enter your quiet heart space, find new perspectives and be capable of amazing things. The Quiet Evolution is far from quiet in the sense that by following this path, we create a new world. We do it quietly, naturally, by the full range of human capacities and new knowledge to fulfill our divine destiny as cocreators of the emerging world. Barbara Marx Hubbard, Foundation for Conscious Evolution The Quiet Evolution is something the world is waiting for! Katrine

is an inspirational woman who has intelligently proven that trauma healing in life, parenting and all professions works. This book is enriching, touches the heart and elevates beyond... Carla Van Walsum PhD c, Heartbased Solutions, An Integrative Practice for Couples, Parents & Families Ahhhhhh! Quiet. This book is a breath of fresh air. I love how it blends systemic thinking, storytelling and practical down to earth strategies for lasting success and global sustainability. Christine Kloser, Best-Selling Author and Transformational Book Coach The singular balance of the good and the beautiful is the best described expression for what I felt after reading Trauma of Love. This inspiring author Karine Legg Hauger, presents and transcends traditional psychology with modern psychotraumatology; the quiet evolution - that each human being, regardless of life situation, is first and foremost made up of love and we are all in need of expanding our souls horizons. Thats the tricky part in todays society, being able to feel that our restless soul evolves from conception to death. We get to know her personally as a human being, showing us that to loose balance is a part of living a balanced life. Embracing the scars that are put upon us is a virtue, which should not be taken lightly, but gracefully. We all have stories that go terribly wrong, but do we all endure them? How can we overcome those stories that destroy us and live a worthy life, despite carrying the heavy weight of our traumas? It guides us through new thoughts and theories on constellations, dissociation, early trauma, existential loss and attachment theories with different tools. Her ability to touch upon deeper dimensions goes without saying, her empathic language - an extraordinary skill achieved and used by the author as a therapeutic technique. I was moved by the wider sociological perspectives, so read in your quite comfort, or when surrounded by the chaos of life. The book will surely will give you a room of your own. Seyran Khalili, Stud.Psyk University of Oslo

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