



The Revolutionary Trauma Release Process: Transcend Your Toughest Times

David Berceli

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Life is stressful, anxiety provoking, and frequently traumatic. The result is that many of us are hurting, and often we are unaware of how deep our pain runs. These experiences aren't simply over and done with once they have passed. They each leave their mark, etched deep into both the psyche and the body. This affects how well we function from this point onwards. *The Revolutionary Trauma Release Process* shows what stress, anxiety, and trauma do to our mental wellbeing and physical health. Despite the suffering we experience in life, Dr. Berceli argues that even the most damaging events can become a pathway to a more fulfilling and meaningful life. The magic of *The Revolutionary Trauma Release Process* is that it can be utilized by anyone, any place on the planet. The process can reestablish a person's equilibrium, stabilize their life, and turn them to an emotionally healthy place.

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