



# The Revolutionary Traume Release Process: Transcend Your Toughest Times

*David Bercei*

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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 hurt runs.

The painful experiences we go through aren't simply "over and done with" once we pass through them, however. They each leave their mark, etched deep into both the psyche and the body, affecting how well we function from this point onwards.

The Revolutionary Trauma Release Process shows, in simple language, the effects that stress, anxiety, and trauma have on our mental wellbeing and our physical health. We discover that trauma is par for the course in any life, but that even the most damaging events can become a pathway to a more fulfilling and meaningful experience.

The magic of the approach of David Berceli's Trauma Release Process is that it can be utilized by anyone, any place on the planet, even when professional help is beyond the individual's reach. A person can use the process either as a stand-alone stress reduction or trauma release process or in conjunction with other modalities. The exercises are versatile and can be used to affect a wide range of hyperarousal states such as anxiety, irritability, exaggerated, startle response, etc. These exercises can help to reestablish a person's psychophysical homeostasis by relaxing body tension and returning them to an emotionally healthy place.

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