



In an unspoken voice

<https://libraries.phsa.ca/permalink/catalog112083>

Levine, Peter A. Berkeley, CA: North Atlantic Books , 2010. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CD 455 LEV 2010

“ In his book, Levine draws on his experience as a clinician, a student of comparative brain research, a stress scientist and an observer of the naturalistic animal world, to explain the nature and transformation of trauma in the body, brain and psyche. This book is based on the idea that trauma is...



Mon premier livre de taï chi

<https://libraries.phsa.ca/permalink/catalog114334>

Condamine, Luce. Saint-Lambert, QC: Dominique et compagnie , 2015. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR EG 754 CON 2015

“ Le Tai Chi Chuan ou « méditation du mouvement » est issu du Taoïsme, qui est une forme de sagesse chinoise. Il peut être considéré comme une gymnastique, mais c'est aussi un véritable art martial, aujourd'hui pratiqué de manière non violente. Il favorise la détente et le relâchement musculaire, et ...