



# **Victims of Cruelty: Somatic Psychotherapy in the Healing of Posttraumatic Stress Disorder**

*Maryanna Eckberg*

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**Victims of Cruelty: Somatic Psychotherapy in the Healing of Posttraumatic Stress Disorder** Maryanna Eckberg

In *Victims of Cruelty*, Maryanna Eckberg incorporates work with Vietnam veterans (the first to be diagnosed with posttraumatic stress disorder) and the Chowchilla kidnapping victims. This personal testimony of how people can heal after trauma is also a professional book describing the effects of personal and political repression and how we can liberate our bodies and minds from terror.

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