

Venue:	Doody's Book Review Service
Title:	Book Review: Rhythms of recovery: trauma, nature, and the body, Leslie E. Korn
Date:	2022
Type:	Book Review
Author(s)/ Presenter(s):	Alane Lucht
Abstract (or Book Review):	<p>Description</p> <p>This book is a weaving-together of the authors' many years of experience in working with various populations that express various types of trauma, both physical and psychological. This is the classic edition of the original publication from 2012.</p> <p>Purpose</p> <p>The purpose of this book is to increase awareness of the interconnectedness of the physical and psychological aspects of being human. The purpose is to show that trauma affects every part of the human experience, from personal to global. It is an important piece of work that contributes to the growing understanding of how trauma shows up personally, culturally, and beyond.</p> <p>Audience</p> <p>This book is written in a way that is accessible to both professionals and laypersons. If readers have interest in any aspect of trauma, this book is worth reading. The author goes into enough depth to satisfy those who have a working knowledge of anatomy and physiology, but not so much depth to lose those who do not. The author has years of education and experience in the fields of medicine and psychology. Even though she was educated in North America, she has a working knowledge of Mexican and South American Indigenous cultures, which adds breadth to the book.</p> <p>Features</p> <p>The focus of the book is psychological trauma and the interconnectedness with physical trauma. The author expertly weaves eastern and western material together in a way that shows a global application and understanding. She begins each chapter with a sort of primer and ends with a summary, which helps to solidify the information. Overall, the writing is clear and succinct. There are not many pictures, but there are online exercises to be used and shared. The author weaves in stories from her own experiences as a healer in both North America and Mexico, which are relevant and interesting. I found no</p>

shortcomings of this book. There are other books on the topic of trauma; however, this one covers aspects that are not present in other works. If a person has an interest in trauma from both a psychological and physical perspective, this book will not disappoint. The author references other authors and books and uses articles and personal communications to add value and richness to the field of trauma work.

Assessment

I have read so many books on trauma that I have lost count. I was excited to receive this book and have thoroughly enjoyed reading it. I teach a course in trauma-informed care and am considering utilizing this book as more than just recommended reading. The author has pulled together facets of trauma work that I have not seen in other books on the topic. Her experience working with Indigenous cultures, herbs, and bodywork is fascinating and impactful. In the preface, the author speaks about having written this book in 1996 but set it aside after being told it was "too radical." She states she then found the opportunity 15 years later to publish. With the addition of chapters on items such as nutrition and entheogenic medicine, I find this book applicable even 10 years later and nearly 30 years after its original inception.