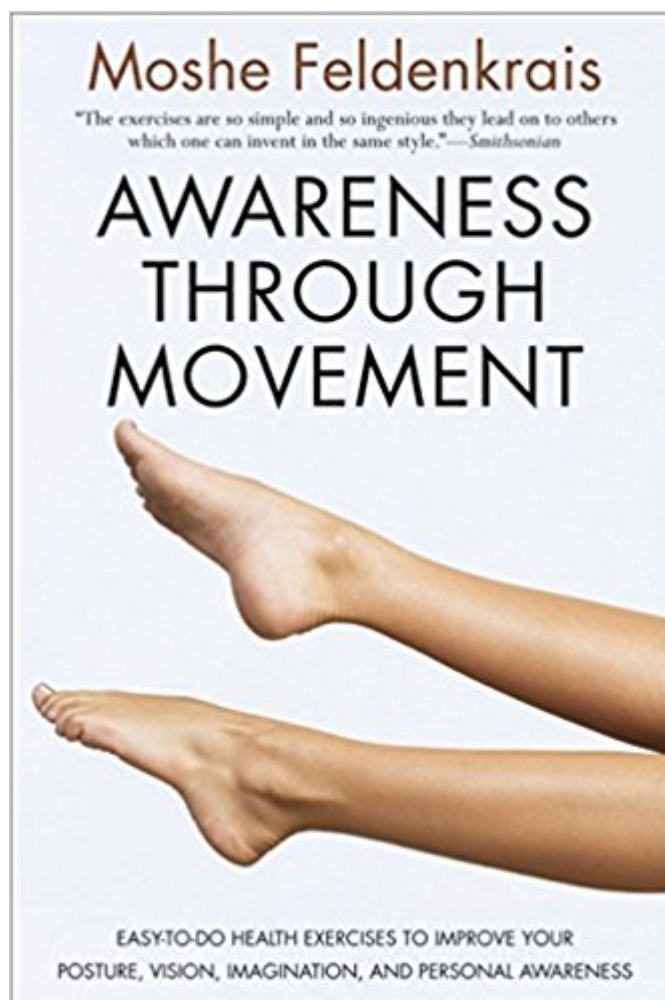




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Awareness Through Movement: Easy-to-Do Health Exercises To Improve Your Posture, Vision, Imagination, And Personal Awareness





Synopsis

Thousands have found renewed health and increased sensory awareness through the Feldenkrais method as explained in *Awareness Through Movement*. Here is a way for people of every age to integrate physical and mental development into a new, invigorating wholeness. Feldenkrais provides a modern-day, practical program for the perennial ideal of a healthy mind in a healthy body. His down-to-earth method carefully avoids any mystical component and never obliges any pupil to master abstruse theories. Exercises for posture, eyes, imagination, and more will simultaneously build better body habits and focus new dimensions of awareness, self-image, and human potential.

Book Information

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Customer Reviews

"The exercises are so simple and so ingenious they lead on to others which one can invent in the same style. It is so clever to develop the body by making the mind and senses aware of each side of the body separately. It increases the subtlety of sensation and starts a competitive cycle as each side stimulates the other."-- Yehudi Menuhin"*Feldenkrais's* most popular and accessible book."--

"Smithsonian

Moshe Feldenkrais (1904-1984) is also the author of *The Body and Mature Behavior* and *The Elusive Obvious*, among other books, and originated the *Awareness-Through-Movement* method for

increased health and heightened sensory awareness.

I would like to explain both the good reviews and the bad here. I have been interested in Feldenkrais for a few years but have no commercial interest in it. I am not a teacher or a practitioner. (But you can do internet search for a list of answers to FAQs that I have written on my webpage.) I think the Feldenkrais method is a really interesting way to improve oneself. It challenges our assumptions about self-improvement, physical conditioning etc. and can cure many physical problems. This book is written by Moshe Feldenkrais, and is the most accessible of his books. Even so it is wordy in many places and mysteriously terse in others. But even if it were perfectly written, I could not recommend this book as an introduction to the method. The only suitable introduction is a few one-on-one lessons from a good practitioner (see Feldenkrais dot com for a list of such people in your area ---unfortunately there aren't enough practitioners around). The method is too counterintuitive to learn from a book. The bad news: one on one lessons cost serious money. Even a few lessons will set you back several hundred dollars, and if you have any kind of serious "trouble" you may need 5-10 lessons. Also most insurances won't cover it. I happen to think that the cost is well worth it. Once you have had a few lessons there are many ways to continue your learning. (The method is all about self-awareness and hence lends itself well to self-study, provided you have occasional access to a good teacher.) Then books like this, and recorded lessons (called ATMs) are useful. I hope this review was useful. If you start reading this book I suggest skipping the introductory 30-40 pages and start reading onwards from where Moshe starts describing the exercises. His long paragraphs that crop up in the midst of the "exercises" provide enough information about the method. Several reviewers have commented that this insertion of long paragraphs in the midst of the exercise description is pretty weird. The explanation is that during a live session these paragraphs would serve as something to listen to while you are resting. (The method encourages slow movements and frequent rests.)

A genius level mature work. Every word counts and every phrase is deep. This is a work that resonates in the soul, and at a deeper level applies to so much more than movement. Awareness is vital for joy in life. This is a pro-awareness masterpiece.

My sciatic is very painful. I understand this author is the best. I have tried several of the movements and it seems to help.

Everyone seeking to understand motion and health will benefit from the mind and words of this author.

Excellent book; sheds light on the whole picture of how our bodies work and how they don't work well when out of synch. Very informative and enjoyable.

I have been healed through Feldenkrais Physical Therapy and I'm now taking the Awareness Through Movement class offered locally. This book is a great bedside resource to reinforce what I'm learning. It's also a good primer for anyone who wants better health but doesn't enjoy pounding it out at the gym.

This book was purchased as a gift to a friend. I have been using the techniques described in this book, plus some of my own, for, at least, thirty years. The exercises described in this book have kept me mobile for all these years. I recommend this book for those who are not particularly athletic.

A little complex in his writing, but very well organized.

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