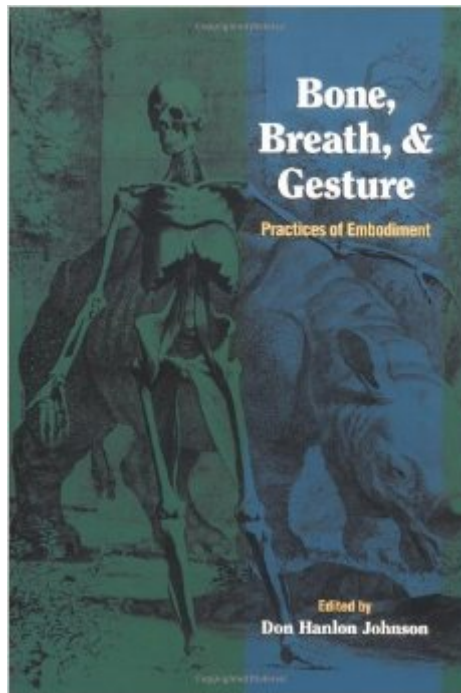


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Bone, Breath, And Gesture: Practices Of Embodiment Volume 1 (Bone, Breath, & Gesture) (Vol 1)



Synopsis

This book is a collection of writings on principles and techniques by the pioneers of bodywork and body awareness disciplines. Together, they represent a historical record of the field of somatics. Ranging from hands-on workers like Ida Rolf to phenomenologist Elizabeth Behnke, their lives span this century. In these lectures, writings, and interviews, editor Don Hanlon Johnson has sought to reveal the unbroken lineage, theoretical differences, and major similarities of these originators.

Book Information

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Customer Reviews

I think this book is a great overview of the dialog in the body-mind movement and has inspired me to continue reading the works for these innovators of bodywork without getting stuck in just one approach.

Great compilation of short original texts from different schools of body work, well chosen (most are written by the founders themselves or very close collaborators) well introduced, well edited, nice paper, nice cover. A great tool for studying and deepening your own practice, no matter which one it is.

This book is an overview of the history of somatics and the practitioners who established certain somatic methods. It's comprehensive, inspiring, and enlightening. If someone asked me "what is

somatics?", I would hand them this book to answer their question.

As someone who has studied and read a great deal on health issues, healing modalities and the integration of the human being as a whole I am very pleased to recommend this book. The book is a great tool to help anyone recognize the oneness of our nature, the power of awareness, and the potential within ourselves for well being and health. Embodiment practices are a great tool to empower us and lead us to the recognition of our true nature. I loved the book and would recommend it to anyone interested in personal growth, wellbeing and a conscious life in all levels.

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