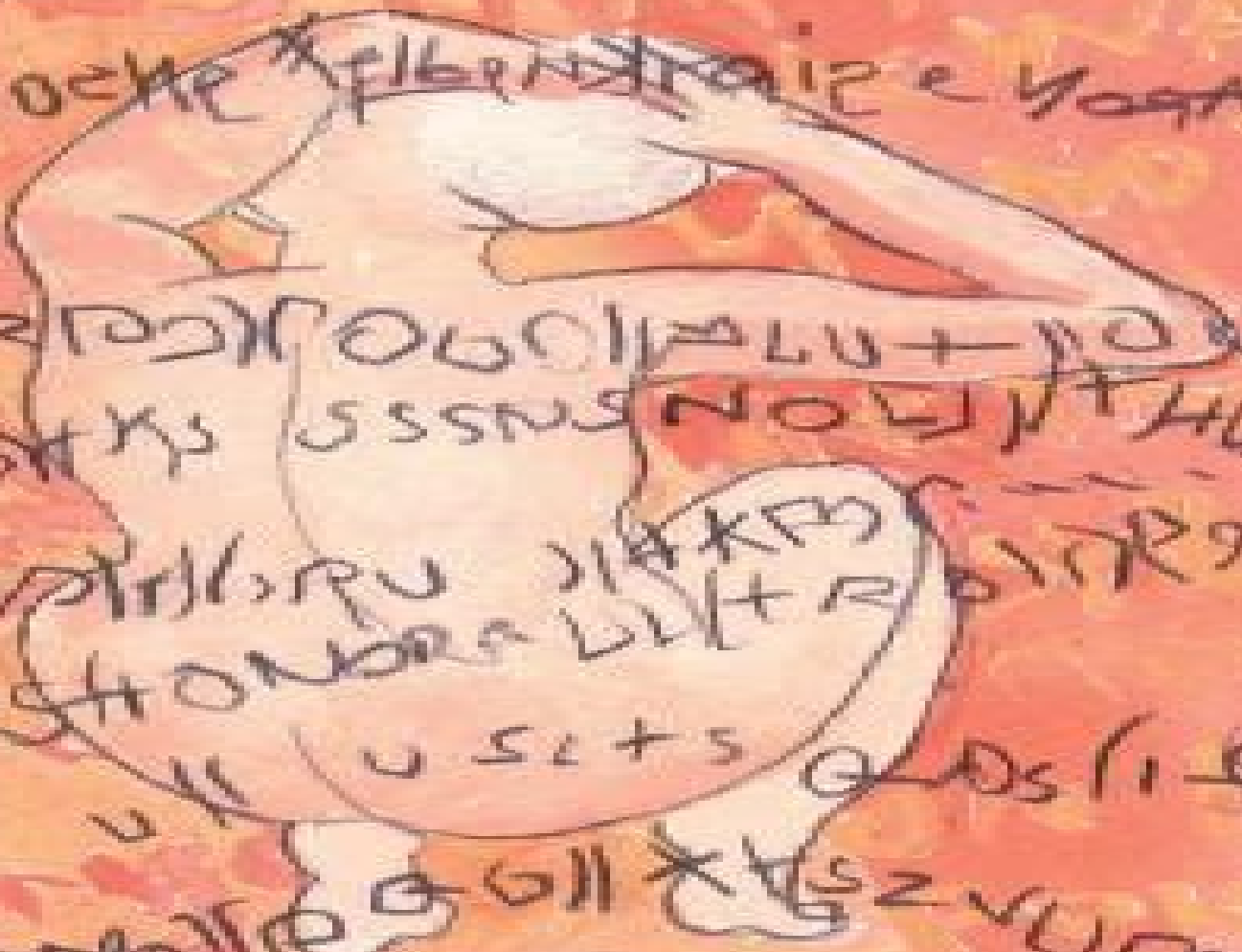


MOSHE FELDENKRAIS

Body Awareness as Healing Therapy

THE CASE OF NORA



Body Awareness As Healing Therapy The Case Of Nora

Moshe Feldenkrais



Body Awareness As Healing Therapy The Case Of Nora

Body Awareness as Healing Therapy Moshe Feldenkrais, 1993-12-20 Body Awareness as Healing Therapy The Case of Nora is Moshe Feldenkrais classic study of his work with Nora a woman who has suffered a severe stroke and lost her neuromuscular coordination including the ability to read and write Feldenkrais uses rational and intuitive approaches to help his student relearn basic motor skills One can observe here the groundwork of Feldenkrais extraordinary insights which became known as the Feldenkrais Method We follow his detailed descriptions of the trial and error process which led him to see the ingredients that were needed to help Nora reshape her attention perception imagination and cognition

The Case of Nora Moshé Feldenkrais, 1977

Body Awareness as Healing Therapy Moshe Feldenkrais, 1993-12-20 Body Awareness as Healing Therapy The Case of Nora is Moshe Feldenkrais classic study of his work with Nora a woman who has suffered a severe stroke and lost her neuromuscular coordination including the ability to read and write Feldenkrais uses rational and intuitive approaches to help his student relearn basic motor skills One can observe here the groundwork of Feldenkrais extraordinary insights which became known as the Feldenkrais Method We follow his detailed descriptions of the trial and error process which led him to see the ingredients that were needed to help Nora reshape her attention perception imagination and cognition

Body and Mature Behaviour Moshé Feldenkrais, 1949 First Published in 1999 Routledge is an imprint of Taylor Francis an informa company

The Elusive Obvious Moshe Feldenkrais, 2019-04-23 Discover the transformative insights of movement pioneer Moshe Feldenkrais Essential reading for somatic practitioners movement teachers performing artists and anyone interested in self improvement and healing As a scientist martial artist and founder of the Feldenkrais Method Moshe Feldenkrais wrote several influential books on the relationship between movement learning and health The Elusive Obvious is a thorough and accessible explanation of the method that is more relevant today than when it was first published as current research strongly supports many of its insights The Feldenkrais Method has two main strands Awareness Through Movement and Functional Integration Both are renowned worldwide for their ability to reduce pain and anxiety cultivate vitality and improve performance This new edition of The Elusive Obvious includes a beautiful presentation featuring a fold out insert with illustrations that depict these two approaches By uncovering solutions that are often hidden in plain sight this book can help you learn to move with greater ease grace and efficiency through the Feldenkrais Method

Embodied Wisdom Moshe Feldenkrais, 2011-06-28 A thorough study of the Feldenkrais Method a leading form of exercise therapy designed to improve your mental and physical well being through mindful movement An educational system of neuromuscular re education known for its gentle approach the Feldenkrais Method has been shown to dramatically improve individual functioning by increasing self awareness and facilitating new patterns of thinking moving and feeling Intended for those who need to improve their movement repertoire for professional reasons dancers musicians martial artists gymnasts and athletes as well as those wishing to reduce pain or limitations in movement Feldenkrais is based on the idea that learning to move better can improve anyone's overall health on many levels Using Moshe Feldenkrais's own words *Embodied Wisdom* clearly explains the basic principles underpinning his techniques Awareness Through Movement ATM and Functional Integration FI These thoughtful articles and lively sometimes humorous interviews explore a diverse range of subjects the importance of bodily expression the primacy of hearing the mind body connection martial arts sleep and consciousness movement and its effect on the mind *Embodied Wisdom* gives readers the opportunity to deepen their understanding of the scientific and spiritual principles behind the Method and offers sound strategies for incorporating it into their lives

The Master Moves Moshe Feldenkrais, 2019-05-23

The Feldenkrais Method Yochanan Rywerant, 2003 The Feldenkrais Method is a presentation of the system of Functional Integration devised by the Israeli scientist Dr Moshe Feldenkrais This system is a way of handling the body by communicating specific sensations to the central nervous system in order to improve the functions of the motor system Functional Integration is unique in that it evokes changes in the human brain at a level heretofore thought unachievable by any known educational technique

Awareness Through Movement Moshe Feldenkrais, 1990

The Potent Self Moshe Feldenkrais, 2002-11-08 Moshe Feldenkrais D Sc a visionary scientist who pioneered the field of mind body education and therapy has inspired countless people worldwide His ability to translate his theories on human function into action resulted in the creation of his technique now known as the Feldenkrais Method of Somatic Education In *The Potent Self* Feldenkrais delves deeply into the relationship between faulty posture pain and the underlying emotional mechanisms that lead to compulsive and dependent human behavior He shares remarkable insights into resistance motivation habit formation and the place of sex in full human potential *The Potent Self* offers Feldenkrais's vision of how to achieve physical and mental wellness through the development of authentic maturity This edition includes an extensive Forward by Mark Reese a longtime student of Feldenkrais in which Reese discusses many of the important ideas in the book and places them in the context of Feldenkrais's life and the intellectual and historical milieu of his time

Singing with Your Whole Self Samuel H. Nelson, Elizabeth L. Blades, 2018-04-05 *Singing with Your Whole Self* A Singer's Guide to Awareness through Movement teaches performers to use the Feldenkrais Method of neuromuscular education to ameliorate problems of tension muscle strain and illness in order to obtain optimal vocal performance With new lessons and chapters on kinesthetic imagination and neuroplasticity this second edition features unique modularized Feldenkrais lessons designed specifically to liberate function in singers and other voice professionals The first part of the book presents the theory behind the approach in an easy to understand and concrete fashion The remaining chapters explore anatomy by area and explain usage and problems as well as how both relate to singing Finally an appendix allows performers to find lessons that are most effective for a specific problem As a valuable exercise guide the second edition of *Singing with Your Whole Self* is an essential resource for singers at all levels and in all styles

Feldenkrais Illustrated Tiffany Sankary, 2014-12-24 Feldenkrais Illustrated The Art of Learning weaves together the writings of Moshe Feldenkrais with Tiffany Sankary's drawings Feldenkrais 1904-1984 was a physicist martial artist engineer and somatic pioneer who developed The Feldenkrais Method an innovative approach to learning movement and awareness to help improve all aspects of human functioning Sankary illustrates excerpts from Feldenkrais books and articles organizing and bringing to life his core ideas to make them accessible to seasoned practitioners students and those new to the Method

Thinking and Doing Moshe Feldenkrais, 2013-10 In 1929 a young Moshe Feldenkrais published his Hebrew translation of the book *The Practice of Autosuggestion by the Method of mile Cou* Feldenkrais not only translated the book but composed and added his own observations in two additional chapters which are presented here in this monograph Feldenkrais noted that the work of Cou was primarily focused on resolving problems and realized that these same ideas could be used proactively to improve one's abilities Feldenkrais writes We will explore this issue and see if we can take it a step forward Using examples from real life we will demonstrate that by using autosuggestion we can achieve far superior results rather than merely being in a condition no worse than someone else's Feldenkrais offers numerous examples of how

Body and Mature Behavior Moshe Feldenkrais, 2005-09-08 A victim of debilitating injuries Moshe Feldenkrais was intimately aware of the link between bodily suffering and mental health Through healing himself he made revolutionary discoveries culminating in the development of the method that now bears his name In an intellectually rich and eloquent style Feldenkrais delves into neurology prehistory child development gravity and anti gravity reflexive versus learned behavior the effects of emotion especially anxiety on posture and most importantly the inseparability of body and mind

Art Therapy and Childbearing Issues Nora Swan-Foster, 2020-09-22 This text introduces readers to the diverse and unique ways art therapy is used with women who are undergoing various stages of the childbearing process including conception pregnancy miscarriage childbirth and postpartum Art Therapy and Childbearing Issues discusses a range of topics including the role of transference countertransference attachment and maternal tasks and neuropsychology The book also addresses several motifs that are outside cultural norms of pregnancy and childbearing such as racial sociopolitical issues grief and loss palliative care midwifery menstruation sex trafficking disadvantaged populations and incarceration Each chapter offers research modalities case studies and suggestions on how to work in this field in a new way accompanied by visual representations of different therapy methods and practices The approachable style will appeal to a range of readers who will come away with a new awareness of art therapy and a greater knowledge of how to work with women as they enter and exit this universal psychobiological experience

Relaxercise David Zemach-Bersi, 2016-05-17 Shortlisted for the William Saroyan International Prize for Writing A physical and philosophical meditation on why we are drawn to fight each other for sport what happens to our bodies and brains when we do and what it all means Anyone with guts or madness in him can get hit by someone who knows how it takes a different kind of madness a more persistent kind to stick around long enough to be one of the people who does the knowing Josh Rosenblatt was thirty three years old when he first realized he wanted to fight A lifelong pacifist with a philosopher s hatred of violence and a dandy s aversion to exercise he drank to excess smoked passionately ate indifferently and mocked physical activity that didn t involve nudity But deep down inside there was always some part of him that was attracted to the idea of fighting So after studying Muay Thai Krav Maga Brazilian jiu jitsu and boxing he decided at age forty that it was finally time to fight his first and only mixed martial arts match all in the name of experience and transcending ancient fears An insightful and moving rumination on the nature of fighting Why We Fight takes us on his journey from the bleachers to the ring Using his own training as an opportunity to understand how the sport illuminates basic human impulses Rosenblatt weaves together cultural history criticism biology and anthropology to understand what happens to the human body and mind when under attack and to explore why he a self described cowardly boy from the suburbs discovered so much meaning in putting his body and others at risk From the psychology of fear to the physiology of pain from Ukrainian shtetls to Brooklyn boxing gyms from Lord Byron to George Plimpton Why We Fight is a fierce inquiry into the abiding appeal of our most conflicted and controversial fixation interwoven with a firsthand account of what happens when a mild mannered intellectual decides to step into the ring for his first real showdown

Sometimes I Act Crazy Jerold J. Kreisman, M.D., Hal Straus, 2006-04-14 A source of hope expert advice and guidance for people with borderline personality disorder and those who love them Do you experience frightening often violent mood swings that make you fear for your sanity Are you often depressed Do you engage in self destructive behaviors such as drug or alcohol abuse anorexia compulsive eating self cutting and hair pulling Do you feel empty inside or as if you don t know who you are Do you dread being alone and fear abandonment Do you have trouble finishing projects keeping a job or forming lasting relationships If you or someone you love answered yes to the majority of these questions there s a good chance that you or that person suffers from borderline personality disorder a commonly misunderstood and misdiagnosed psychological problem afflicting tens of millions of people Princess Diana was one of the most well known BPD sufferers As a source of hope and practical advice for BPD sufferers and those who love them this new book by Dr Jerold J Kreisman and Hal Straus bestselling authors of I Hate You Don t Leave Me offers proven techniques that help you Manage mood swings Develop lasting relationships Improve your self esteem Keep negative thoughts at bay Control destructive impulses Understand your treatment options Find professional help

Higher Judo Moshe Feldenkrais, 2010-12-28 Dr Moshe Feldenkrais is best known for pioneering the somatic therapy that bears his name Less well known is that he was also one of the earliest European practitioners of the martial art of judo and wrote a number of influential texts on the subject Primary among these is Higher Judo first published in 1952 and now reprinted with a new foreword that offers useful context and elaborates on Feldenkrais comprehensive and still timely approach to the martial art and to the body Judo was a natural choice for Feldenkrais s fascination with body mind exploration and how to promote optimal functioning through awareness In Higher Judo he presents judo as the art of using all parts of the body to promote general health and as part of the basic culture of the body He reveals judo s potential for creating a sense of rhythm of movement and improving mental and physical coordination Higher Judo covers specific movements and positions the astride position the six o clock approach falling techniques in both the text and the clear line drawings Even more importantly it shows how such groundwork can help practitioners develop their mental and physical awareness to their full potential

Healing the Angry Brain Ronald Potter-Efron,2012-04-01 Do you find yourself Becoming so angry you have trouble thinking Acting impulsively during angry outbursts Getting so mad that you feel out of control of your actions If these strong sudden bursts of anger sound all too familiar you know the impact they have over your life Over time these responses can actually hard wire our brains to respond angrily in situations that normally wouldn't cause us to lose our cool These anger pathways in the brain can eventually disrupt your work strain your relationships and even damage your health Written by anger management expert Ronald Potter Efron Healing the Angry Brain can help you short circuit the anger cycle and learn to calmly handle even the most stressful interactions You will learn which areas of your brain are causing your reactions and discover how to take control of your emotions by rewiring your brain for greater patience and perspective This fascinating scientific approach to anger management will yield long term results helping you develop greater empathy and put effective conflict resolution skills into practice for years to come

Turn This World Inside Out Nora Samaran,2019-06-18 Violence is nurturance turned backwards writes Nora Samaran In Turn This World Inside Out she presents Nurturance Culture as the opposite of rape culture and suggests how alternative models of care and accountability different from call outs which are often rooted in the politics of shame and guilt can move toward inverting cultures of dominance and systems of oppression When communities are able to recognize and speak up about systemic violence center the needs of those harmed and hold a circle of belonging that humanizes everyone they create a revolutionary foundation of nurturance that can begin to repair the harms inflicted by patriarchy white supremacy and capitalism Emerging out of insights in Gender Studies Race Theory and Psychology and influenced by contemporary social movements Turn This World Inside Out speaks to some of the most pressing issues of our time

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