

The Elusive Obvious Or Basic Feldenkrais Moshe

The Elusive ObviousThe Elusive ObviousEmbodied WisdomGroup Work Practice in a Troubled SocietyThe Feldenkrais Method in Creative PracticeThe Brain's Way of HealingManaging Depression Growing OlderAn Audition Handbook for Student ActorsCircular ... of the Union ObservatoryNine Sides of the DiamondComplementary and Alternative Medicine in RehabilitationThe Actor MovesThe Papers of the Bibliographical Society of AmericaNew American PaintingsNew Age AlmanacWhen Writers ReadRunning with the Whole BodyClavierPeak PerformanceMirrors in Time Moshe Feldenkrais Moshé Feldenkrais Moshe Feldenkrais Roselle Kurland Robert Sholl Norman Doidge, M.D. Kerrie Eysers Roger Ellis David Falkner Eric D. Leskowitz Claudia N. Sullivan Bibliographical Society of America J. Gordon Melton Jane Hansen Jack Heggie Charles A. Garfield Joel D. Ziff

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discover the transformative insights of movement pioneer moshe feldenkrais whose exercise therapy technique revolutionized how we think about the mind body connection this new edition features a fold out insert illustrating the feldenkrais method for somatic practitioners bodyworkers dance teachers and others 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 which 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

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 a 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

explore the best of current social work practice from practitioners and educators in the united states canada and hong kong in group work practice in a troubled society the chapters are reflective of the social realities in which group work is now practiced and address current social issues and problems

bringing together scholars and researchers in one volume this study investigates how the thinking of the ukrainian israeli somatic educationalist moshe feldenkrais 1904 84 can benefit and reflect upon the creative practices of dance music and theatre since its inception the feldenkrais method has been associated with artistic practice growing contiguously with performance cognitive and embodied practices in dance music and theatre studies it promotes awareness of fine motor action for improved levels of action and skill as well as healing for those who are injured for creative artists the feldenkrais method enables them to refine and improve their work this book offers historical scientific and practical perspectives that develop thinking at the heart of the method and is divided into three sections historical perspectives on creative practice from science into creative practice and studies in creative practice all the essays provide insights into self improvement training avoiding injury history and philosophy of artistic practice links between scientific and artistic thinking and practical thinking as well as offering some exercises for students and artistic practitioners looking to improve their understanding of their practice ultimately this book offers a rich development of the legacy and the ongoing relevance of the feldenkrais method we are shown how it is not just a way of thinking about somatic health embodiment and awareness but a vital enactivist epistemology for contemporary artistic thought and practice

new york times bestseller the new york times bestselling author of the brain that changes itself presents astounding advances in the treatment of brain injury and illness now in an updated and expanded paperback edition winner of the 2015 gold nautilus book award in science cosmology in his groundbreaking work the brain that changes itself norman doidge introduced readers to neuroplasticity the brain s ability to change its own structure and function in response to activity and mental experience now his revolutionary new book shows how the amazing process of neuroplastic healing really works the brain s way of healing describes natural noninvasive avenues into the brain provided by the energy around us in light sound vibration and movement that can awaken the brain s own healing capacities without producing unpleasant side effects doidge explores cases where patients alleviated chronic pain recovered from debilitating strokes brain injuries and learning disorders overcame attention deficit and learning disorders and found relief from symptoms of autism multiple sclerosis parkinson s disease and cerebral palsy and we learn how to vastly reduce the risk of dementia with simple approaches anyone can use for centuries it was believed that the brain s complexity prevented recovery from damage or disease the brain s way of healing shows that this very sophistication is the source of a unique kind of healing as he did so lucidly in the brain that changes itself doidge uses stories to present cutting edge science with practical real world applications and principles that everyone can apply to improve their brain s performance and health

depression in older people is easily missed this practical guide shows how to identify depression in an older person and provide support to enable best possible quality of life

this is a discussion of each of the fielding positions as well as some of the superstars that filled these positions

part of the medical guides to complementary and alternative medicine series this comprehensive review presents complementary and alternative therapies as they relate to rehabilitation with an emphasis on evidence based medicine this practical resource offers clinical examples historical and theoretical information and current research for four groups of therapies mind body therapies body oriented therapies energy based therapies and emergent approaches it also covers some of the most widely encountered clinical conditions in rehabilitation focusing on clinical practice and solid research

modern actors are expected to have complete and immediate command of their mental vocal and physical instruments the competition is fierce and jobs are scarce and many actors receive weak training in movement for most of the history of acting primary focus has been on the voice it was not until the 19th century that actors and directors began to question and analyze the actor s most expressive tool the body this book discusses the major trends theorists philosophers and artists from the greeks to the avant garde

this text considers the new age phenomena with its accent on spiritual development health and healing and higher consciousness it considers new age personalities and significant events and provides more than 300 definitions and descriptions and a guide to new age educational institutions

when writers read they evaluate all the time they can t help it but they can become better at it and that s what this second edition of when writers read is about what students can do to become better evaluators of themselves as writers and readers and how you can help extensively revised the second edition is organized around five concepts that are central to an effective writing reading program voices when writers read they listen for a strong author voice they know they can hear their own when they write and assume other authors voices come through as well it s essential that all voices both those of students and professional writers be honored and supported by an evaluation system dedicated to this notion decisions when writers read they make decisions so it s only natural that they look for evidence of the decisions other authors make to become effective writers and readers students must learn to make decisions about which types of writing to create what to write and read about where to work when to do so whom to share their work with and what to do to become better writers and readers time when writers read they read and read and read one of your primary responsibilities as their teacher is to provide plenty of opportunities for them to do so and create an overall framework in which students spend their time wisely response when writers read they look for a message students need to understand that to respond effectively to other writers they should listen closely and think appreciatively and critically about the author self discipline when writers read it s their self discipline that keeps them engaged by providing plenty of good books writing possibilities and self evaluation opportunities you can help ensure your students are self disciplined and eager

the jewish mystical tradition regards the rituals and stories of the holy day cycle as symbolic representations of internal spiritual and psychological development helping us to translate the experience into the language of contemporary psychological theories joel ziff combines his rich knowledge of psychology with close readings of jewish texts to present us with mirrors in time a clinically illustrated practical guide that integrates the wisdom of the jewish mystical tradition with contemporary psychological perspectives the holy days provide a context similar to that experienced in psychotherapy they create time to reflect upon the challenges we face and consider how we might best respond the texts of jewish tradition describe a process through rituals images stories and symbols these can be difficult to understand because they are ancient agrarian hierarchical and patriarchal in nature contemporary psychological perspectives can often articulate obscure mystical concepts in his effort to translate the ideas of such mystical thinkers as shneur zalman of lyady into a modern 20th century framework ziff includes theories developed by freud jung assagioli perls erickson and their students the unique character of each holy day is experienced in the context of one s journey through the year a journey that includes births and deaths beginnings and endings opportunities and crises successes and failures daily we recreate and reinvent ourselves giving birth to a new identity

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