

# Body And Mature Behaviour A Study Of Anxiety Sex Gravitation And Learning

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.

**The Case of Nora** - Moshé Feldenkrais 1977

Body and Mature Behaviour - 1949

**Body and Mature Behavior** - Moshe Feldenkrais 1975

**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' 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' life and the intellectual and historical milieu of his time.

**Body and Mature Behaviour** - Feldenkrais, M  
2013-09-13

First Published in 1999. Routledge is an imprint of Taylor & Francis, an informa company.

**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—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.

**Art Practice as Research** - Graeme Sullivan

2005

Art Practice as Research: Inquiry in the Visual Arts presents a compelling argument that the creative and cultural inquiry undertaken by artists is a form of research. The text explores themes, practices, and contexts of artistic inquiry and positions them within the discourse of research. Author Graeme Sullivan argues that legitimate research goals can be achieved by choosing different methods than those offered by the social sciences. The common denominator in both approaches is the attention given to rigor and systematic inquiry. Artists emphasize the role of the imaginative intellect in creating, criticizing, and constructing knowledge that is not only new but also has the capacity to transform human understanding.

**Democracy and Education** - John Dewey  
2013-05-31

This antiquarian volume contains a comprehensive treatise on democracy and education, being an introduction to the 'philosophy of education'. Written in clear, concise language and full of interesting expositions and thought-provoking assertions, this volume will appeal to those with an interest in the role of education in society, and it would make for a great addition to collections of allied literature. The chapters of this book include: 'Education as a Necessity of Life'; 'Education as a Social Function'; 'Education as Direction'; 'Education as Growth'; 'Preparation, Unfolding, and Formal Discipline'; 'Education as Conservative and Progressive'; 'The Democratic Conception in Education'; 'Aims in Education', etcetera. We are republishing this vintage book now complete with a new prefatory biography of the author.

*Body and Mature Behaviour; a Study of Anxiety, Sex, Gravitation & Learning [by] M. Feldenkrais*  
- Moshé Feldenkrais

**Body and Mature Behavior** - Moshé  
Feldenkrais 1966

**Body and Mature Behaviour** - Moshé  
Feldenkrais 1979

**The Elusive Obvious** - Moshe Feldenkrais  
2019-04-23

The classic text on the relationship between

movement, learning, and health—from the scientist and martial artist whose revolutionary exercise therapy techniques promote health, vitality, and lasting pain relief. The two main strands of the Feldenkrais Method—Awareness Through Movement and Functional Integration—are now known by many around the world for reducing pain and anxiety, cultivating vitality, and improving performance. The Elusive Obvious presents a thorough explanation of the Moshe Feldenkrais' revolutionary exercise therapy system, revealing how the solutions to many of our problems are hidden in plain sight. Hailed as one Moshe Feldenkrais' most accessible texts on the body and healthy functioning, this beautiful new edition is ready to be treasured by an emerging generation of somatic practitioners, movement teachers, performing artists, and anyone interested in self-improvement and healing.

**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

**Body and Mature Behaviour** - Moshé  
Feldenkrais 1949

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1999

**Body and Mature Behaviour** - Moshe  
Feldenkrais 1949



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