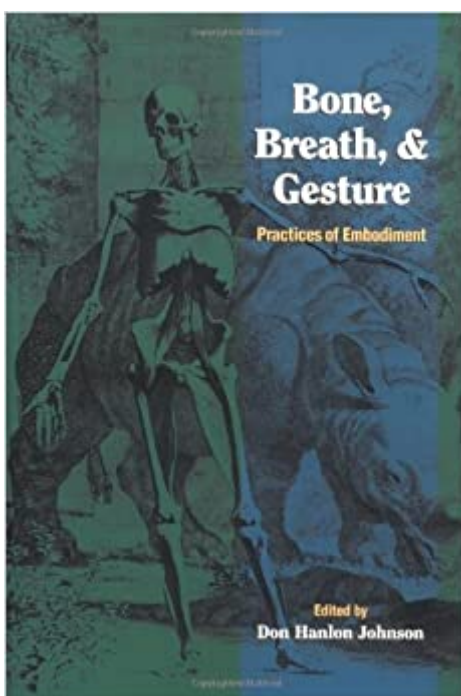


The book was found

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

Series: Bone, Breath, & Gesture

Paperback: 408 pages

Publisher: North Atlantic Books; First Paperback edition (July 19, 1995)

Language: English

ISBN-10: 1556432011

ISBN-13: 978-1556432019

Product Dimensions: 6 x 1.2 x 9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 7 customer reviews

Best Sellers Rank: #270,510 in Books (See Top 100 in Books) #32 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain](#) #39 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Skin Ailments](#) #900 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#)

Customer Reviews

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.

Don Hanlon Johnson received a Ph.D. in Philosophy from Yale University. He is a professor of Somatics at the California Institute of Integral Studies in San Francisco.

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.

An excellent contribution to the literary field of Somatics. The author, as well as many practitioners interviewed or writing in this book, were early pioneers in the field. They were among the small group of exceptional people, who came together at Esalen Institute, in Big Sur, CA and actually changed the world.

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.

every thing is Qualified .delivery, price. cleanness of book.fine book. not too expensive. psychology book is usually very very expensive.

An essential book for performers.

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.

[Download to continue reading...](#)

Bone, Breath, and Gesture: Practices of Embodiment Volume 1 (Bone, Breath, & Gesture) (Vol 1)

Bone Broth : Bone Broth Diet Plan: Lose 15 Pounds, Firm Up Your Skin, Improve Health and

Reverse Grey Hair with the Bone Broth Diet (Bone Broth, Bone Broth Diet, Bone Broth Recipes)

Bone Health: Treatment for beginners - Basics about Bone Health, Bone density, Osteoporosis and Osteopenia (Osteoporosis and Bone Health - Healthy Bones Tips - Bone Health 101) Bone Broth:

Bone Broth Diet Cookbook: Bone Broth Recipes and Guide to Lose Up 15 Pounds, Firm up Your Skin, Reverse Grey Hair and Improve Health in 21 ... Broth, Bone Broth Diet, Bone Broth Recipes)
Bhakti and Embodiment: Fashioning Divine Bodies and Devotional Bodies in Krsna Bhakti (Routledge Hindu Studies Series) Soup Diet: Souping: The New Juicing - Clean Soups and Bone Broth for Rapid Weight Loss (Soup Cleanse Cookbook, Clean Soups, Bone Broth, Bone Broth Cookbook, Soup Recipes Book 1) Dancing Revelations: Alvin Ailey's Embodiment of African American Culture Groundworks: Narratives of Embodiment Let's Grill! Best BBQ Recipes Box Set: Best BBQ Recipes from Texas (vol.1), Carolinas (Vol. 2), Missouri (Vol. 3), Tennessee (Vol. 4), Alabama (Vol. 5), Hawaii (Vol. 6) The Outlandish Companion Volume Two: Companion to The Fiery Cross, A Breath of Snow and Ashes, An Echo in the Bone, and Written in My Own Heart's Blood The Outlandish Companion Volume Two: The Companion to The Fiery Cross, A Breath of Snow and Ashes, An Echo in the Bone, and Written in My Own Heart's Blood (Outlander) Grammar, Gesture, and Meaning in American Sign Language Light, Gesture, and Color (Voices That Matter) Lawrence Weiner: The Grace of a Gesture The Conductor's Gesture: A Practical Application of Rudolf Von Laban's Movement Language/G8096 Breath By Breath: The Liberating Practice of Insight Meditation Breath by Breath: The Liberating Practice of Insight Meditation (Shambhala Classics) Chanting Breath by Breath Principles of Bone Biology, Third Edition (Bilezikian, Principles of Bone Biology 2 Vol Set) Chakra Breathing Meditations: Three Guided Practices to Unify Body, Breath, & Mind

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)