Groping around a familiar room in the dark, relearning to read after a brain injury, navigating a virtual landscape through an avatar: all are expressions of vicariance—when the brain substitutes one process or function for another. Alain Berthoz shows that this capacity allows humans to think creatively in an increasingly complex world.

Body: Recovering Our Sensual Wisdom outlines a plan for reclaiming our bodies as a source of knowledge, balance, and power. It describes how we are pressured to conform to ideals of beauty, strength, and performance, and how these pressures can lead to negative consequences for our physical and mental health. The book presents a holistic approach to body awareness, emphasizing the interconnectedness of mind and body, and the importance of building a healthy relationship with our bodies.

The Body Awareness Workbook for Trauma is a practical guide for individuals who have experienced trauma, offering exercises and techniques for reconnecting with the body and healing emotional wounds. It provides a step-by-step approach to understanding and working with the body, including mindfulness practices, somatic awareness exercises, and tools for processing traumatic memories.

The Body Awareness As Healing Therapy: The Case Of Nora is a case study that illustrates the power of body awareness therapy in addressing emotional and physical pain. Nora's story highlights the transformative potential of this approach, offering hope and inspiration to others who may be struggling with similar challenges.

BETTER EYESIGHT - A MONTHLY MAGAZINE DEVOTED TO THE PREVENTION AND CURE OF IMPERFECT SIGHT WITHOUT GLASSES is a resource for those seeking to improve their vision naturally. This publication has been influential in the field of natural vision improvement, offering articles, case studies, and practical advice on the mechanics of the eye and the science behind various vision correction methods.

The Dictionary for the Modern Singer is an essential reference for anyone interested in singing. It covers a wide range of topics, from vocal anatomy and physiology to historical contexts and techniques. This comprehensive guide is valuable for professionals, teachers, and students alike.

The Feldenkrais Method is a form of somatic education that aims to improve movement and awareness through gentle, precise exercises performed in a sensitive and supportive environment. It is particularly effective for individuals recovering from injury or surgery, as well as those looking to enhance their overall physical and mental well-being.

The Body Psychotherapy and Somatic Psychology book offers insights into the interplay between the body and the mind, emphasizing the importance of holistic treatment approaches. It explores various theories and practices, including body-oriented psychotherapy, as well as cultural, historical, and religious perspectives on the body.

The Feldenkrais Method for Executive Coaches, Managers, and Business Leaders is a specialized resource designed for professionals in these fields. It illustrates how the principles and techniques of the Feldenkrais Method can be applied to enhance leadership skills, communication, and decision-making processes.

The Skiing with the Bionic Body book provides an overview of the latest technologies and adaptations in skiing, with a focus on how these advancements can be used to improve performance and accessibility for skiers with disabilities.

In summary, these resources offer a wealth of information on body awareness, natural vision improvement, and somatic education, demonstrating how our bodies can be powerful tools for healing and personal growth.
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 accept and applied in practice, and still others need further research to explore the range of their uses.

Health capacities, rather than treating illness only from the outside. Third, the holistic approach tries to make wise use of the many diagnostic, treatment, and health modalities that are available in addition to the standard approach views the patient as an individual person, not as a symptom-bearing organism. This attitude emphasizes the self-responsibility of the person for his or her health and the importance of mobilizing the person's own

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The book is designed to guide you away from post-traumatic stress disorder (PTSD) and trauma and toward posttraumatic growth. Using these exercises, you'll learn how to reconnect and relate to your body—and yourself as a whole—in a new and healthy way. If you're ready to move past your trauma and rediscover your body's innate capacity for healing, growth, vitality, and joy, this unique guide will help light the way.

Do It Yourself - Natural Eyesight Improvement - Original and Modern Bates Method that was first published, as current research strongly supports many of the insights on which the Feldenkrais Method is based. 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 two main strands of the Feldenkrais Method—Awareness Through Movement and Functional Integration—are now by many around the world for reducing pain and improving vision, cultivating vitality, and improving performance. The Elusive Obvious presents a thorough and accessible explanation of the Feldenkrais Method, and, as its title indicates, throws light on the solutions to many of our difficulties that are hidden in plain sight.

This book presents attitudes, information, and tools for a holistic approach to medicine, health, and mental health. In our discussions among ourselves and with the contributing authors we defined three aspects of a holistic approach. First, this approach involves expanding our focus to include the many personal, familial, social, and environmental factors that promote health, prevent illness, and encourage healing. Second, a holistic approach views the patient as an individual person, not as a symptom-bearing organism. This attitude emphasizes the self-responsibility of the person for his or her health and the importance of mobilizing the person's own health capacities, rather than treating illness only from the outside. Third, the holistic approach tries to make wise use of the many diagnostic, treatment, and health modalities that are available in addition to the standard approach views the patient as an individual person, not as a symptom-bearing organism. This attitude emphasizes the self-responsibility of the person for his or her health and the importance of mobilizing the person's own

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Disclosure of financial interests: The authors declare no financial interest. Therefore, this manuscript did not require disclosure of potential conflicts of interest. No funding was received for this work.
from the public by eye doctors, opticians for over 100 years because this methods work, is easy, anyone can learn and teach it, including children. It produces healthy eyes, clear vision and frees the patient from the need to purchase eyeglasses, drugs, unnecessary eye surgery. It can reverse, prevent cataracts and other eye conditions! Includes 17 Printable, Color PDF E-books - All of Ophthalmologist Bates, Clark Night's Paperback & Kindle books. All books listed on Dr. Bates Amazon author's page listed below. + Perfect Sight Without Glasses, 'The Cure of Imperfect Sight by Treatment Without Glasses' by Dr. Bates. + Copy of the Original Antique Book Pages with Pictures. (Text version with additional Modern Treatments included.) + Original Antique Better Eyesight M magazine by Ophthalmologist William H. Bates - Photo copy of all his Original M magazine Pages in the 1900's Print. (Undated, Full Set, 132 M magazine Issues-11 years) 1919 to June, 1930.) I learn a variety of Natural Eyesight Improvement Treatments from the Original Eye Doctor that discovered and practiced this effective, safe, natural method! + Better Eyesight M magazine by Ophthalmologist William H. Bates - (Undated, Full Set -132 M magazine Issues - 11 years-July, 1919 to June, 1930.) illustrated with 500 Pictures and additional, up to date Modern Natural Eyesight Improvement Training. + Medical Articles by Dr. Bates - with Pictures. + Stories From The Clinic by Emily C. A. L. Ierman/Bates. (Dr. Bates Clinic, Assistant, Wife.) + Use Your Own Eyes & Normal Sight Without Glasses by Dr. William B. M. McCracken, M.D. (Trained with Dr. Bates.) + Strengthening The Eyes by Bernard Macadden, Dr. Bates - with Pictures & Modern Treatment. (Trained with Dr. Bates. One of the 1st Practical Fitness Teachers.) + EFT Training Booklet - with A powerful, Energy balance-strengthening, Positive Emotions, Pictures. + Do It Yourself-Natural Eyesight Improvement-Original and Modern Bates M method. 100+ Color Pictures, Less reading; Easy to learn steps-read the short directions on the pictures to quickly learn, apply a treatment, activity for Fast V vision Improvement. + Clear Close Vision, Reading Fine Print Clear. + 10 Steps For Clear Eyesight Improvement: The Basics of Natural Eyesight Improvement. + A Stigmato Removal and other books. + Eye charts Book with Training-15 Large, Small and Fine Print, Big C, E Charts for Clear and Distinct Vision, White and Black Letter Charts, Tumbling E Chart, Astigmatism Test and Removal Charts, Eye Chart Video Lessons. Pass the driver's license eye exam. + Audio, Videos in Every Chapter - Learn a Treatment, Activity Quickly and Easy. 78 Natural Eyesight Improvement Training Videos.See William H. Bates Author's Page for Pictures, Videos, full description of the Paperback and 17 E-books; amazon.com/William-H.-Bates/e/B004H9D0BC/ref=ntt_athr_dp_pel_pop_1

This thoroughly revised edition of the authoritative reference Facial Release for Structural Balance brings the book up to date with all of the most current research on the role of fascia and myofascia in the body, and how treatment affects it. This edition takes advantage of more sophisticated testing to explore in greater detail the relationship between anatomical structure and function, making it an even more essential guide. Offering a detailed introduction to structural anatomy and fascial release therapy, including postural analysis, complete technique descriptions, and the art of proper assessment of a patient through "bodyreading," the book features 150 color photographs that clearly demonstrate each technique. The authors, both respected bodywork professionals, give any bodywork practitioner using manual therapy—including physiotherapists, osteopaths, chiropractors, myofascial and trigger point therapists, and massage therapists—the information they need to deliver effective treatments and create long-lasting, systemic change in client shape and structure. Fascia, the soft tissue surrounding muscles, bones, and organs, plays a crucial role in supporting the body. By learning to intelligently manipulate it, a bodyworker or therapist can help treat patients with many common conditions that their clients suffer from, providing immediate pain relief as well as reducing the strains that may contribute to the patient's ongoing aches and pains, leading to rapid, effective, and lasting pain relief. James Earls and Thomas Meyers argue that approaching the fascia requires "a different eye, a different touch, and tissue-specific techniques."
In Eurythmics for Autism and Other Neurophysiologic Diagnoses, Dorita S. Berger reveals how Eurythmics, a method of teaching the musical concepts of rhythm, structure and expression kinaesthetically through movement, can help develop sensori-motor skills in children and adults with autism and other special needs. Covering both theory and practice, she explains this innovative, music-based approach and how it can also address cognitive and sensory issues in adults with debilitating conditions, such as dementia or post-traumatic stress disorder. With a particular emphasis on autism, she provides clear and adaptable session plans, suitable for working with children and adults of all ages.

In Voice Secrets: 100 Performance Strategies for the Advanced Singer, Matthew Hoch and Linda Lister create order out of the chaotic world of singing. They examine all aspects of singing, including non-technical matters, such as auditioning, performance anxiety, score preparation, practice performance tips, business etiquette, and many other important topics for the advanced singer. "Voice Secrets provides singers with a quick and efficient path to significant improvement, both technically and musically. It is the perfect resource for advanced students of singing, professional performers, music educators, and avid amateur musicians. The M usic Secrets for the Advanced Musician series is designed for instrumentalists, singers, conductors, composers, and other instructors and professionals seeking a quick set of pointers to improve their work as performers and producers of music. Easy to use and intended for the advanced musician, contributions to M usic Secrets fill a niche for those who have moved beyond beginning and intermediate practitioners need.

Ophthalmologist William H. Bates' Original Antique Magazine Pages from the 1900's. The origin, true source of Natural Eyesight Improvement. Learn directly from the eye doctor that discovered this safe, effective method. Dr. Bates discovered the true principles of the eyes function and applied relaxation, natural methods, practice of normal eye function to return the eyes (visual system) to normal function with clear vision, healthy eyes. The Bates M ethod of Natural Eyesight Improvement. "Natural Treatments by Dr. Bates correct, prevent many different eye and eye diseases without use of eyeglasses, surgery, drugs. Treatments for: unclear close and distant vision, astigmatism, cataracts, glaucoma, conical cornea, cornea scars, wandering/crossed eyes and other conditions. Dr. Bates recorded 11 years of work in his Clinic, his patients eye conditions and the natural treatments he applied to correct their eyesight in his Better Eyesight Magazine. Hundreds of different Natural Treatments are listed. The magazines contain "True Life Stories of the Doctors, Assistants, Patients, Entertaining, A History book, life in the early 1900's. The Bates M ethod was hidden from the public by Eye Surgeons, Optometrists, Optical Businesses for over 100 years because this method works, anyone can learn, teach it, including children. When Dr. Bates cured the eyes, eyesight of many patients and other eye doctors in the hospital where he worked with natural treatment and proved his method is fact, that some of the old theories of eye function are incorrect, only theories; the eye doctors that preferred to sell eyeglasses, surgery, drugs became angry and expelled him. (See: 'Reason and Authority & 'Dr. Bates Lecture' in Better Eyesight Magazine; November, 1919, April, 1923.) Dr. Bates then opened his own office, a Clinic New York City. He treated thousands of people by natural methods. He kept his price for medical treatment low and also provided no charge office visits 'Free Clinic Days' for people that could not afford to pay for a visit to an Ophthalmologist. His treatments were successful. He cured a variety of eye conditions in the young and old, people of all ages, nationalities. The Bates M ethod is so simple and effective that many of his cured patients, 'often children' went on to cure their friends, family, teachers and other children of defective vision including blindness, crossed, wandering eyes. Read the 'True Story of The Two Little Girls that Restored a Blind Man Eyesight' in the Oct., 1925 M agazine Issue.

Covering leadership in the arts and humanities, this volume integrates critical theory with authentic leadership development, exploring the notion that leadership is both a discursive practice and a performative identity. Each year the International Leadership Association publishes a book that captures the best contemporary thinking about leadership from a diverse range of scholars, practitioners, and educators working in the field of leadership studies. In keeping with the mission of the ILA, the International Leadership Series Building Leadership Bridges connects ways of researching, imagining, and experiencing leadership across cultures, over time, and around the world. Praise for The Embodiment of Leadership: "Read this book to experience an artistic and more robust sense of leadership, to rise to the challenge to gain alignment in mind, body, and spirit; and to heed the call to heal the shadows we as leaders sometimes cast over our collective humanity. Read this book to become more whole." — Sharray Ferch, professor of leadership studies, Gonzaga University "For once leadership expert considers the mind-body problem from the perspective of the latter — the body. Those with an interest in the body would do well to exploreThe Embodiment of Leadership." — Barbara Kelberman, James MacGregor Burns Lecturer in Public Leadership, John F. Kennedy School of Government, Harvard University "The Embodiment of Leadership goes beyond the banal by using our body and our sense of self to understand leadership. Anyone interested in the study of leadership would do well to read this book." — Michael F. Kets de Vries, Distinguished Clinical Professor of Leadership and Organizational Change, The Roaiul de Vlty d'Avaucourt Chaired Professor of Leadership Development, INSEAD "Leadership is a social construction. The Embodiment of Leadership presents a multifaceted approach to understanding how we, as a society, define, create and contend with leadership. Serious scholars and students of leadership need to read this." — Ronald E. Riggio, Kravis Leadership Institute, Claremont McKenna College

A victim of debilitating injuries, M ose 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.

Centered and Connected presents body-based techniques that integrate practices of self-awareness and non-judgmental awareness in order to foster healing, build self-esteem, and develop a stronger connection to one's body. A uzh Rytz explores the disconnection between the mind and body, which can create alienation, lack of self-acceptance, and more serious emotional problems. Some of the body areas explored include the head, hands, feet, stomach, and pelvis, as well as body-related phenomena such as the breath, heart, love. Each topic is followed by four simple and enjoyable activities meant to improve the body-mind relationship. There are 128 activities in all. M ore than 250 photographs and illustrations help readers visualize and utilize the exercises described.

Blades combines insights from great teachers of the past and present to voice students at all levels. A quick-and-handy reference for the studio teacher, this book also serves as a text for vocal pedagogy courses and as a supplement for physiology and vocal mechanics, teachers and student of singing, music educators, and musical theater performers.

Developing inner wisdom as a leadership strength Leading with Spirit, Presence, and Authenticity presents the perspectives of leaders, social scientists, and educators from around the world on the topic of developing inner wisdom. Structured around the notions of spirit, presence, and authenticity, the book encourages readers to reflect on their own lives as they read about their colleagues' diverse experiences, each global and local perspectives. Praise for The Embodiment of Leadership: "Read this book to experience an artistic and more robust sense of leadership, to rise to the challenge to gain alignment in mind, body, and spirit; and to heed the call to heal the shadows we as leaders sometimes cast over our collective humanity. Read this book to become more whole." — Sharray Ferch, professor of leadership studies, Gonzaga University "For once leadership expert considers the mind-body problem from the perspective of the latter — the body. Those with an interest in the body would do well to explore The Embodiment of Leadership." — Barbara Kelberman, James MacGregor Burns Lecturer in Public Leadership, John F. Kennedy School of Government, Harvard University "The Embodiment of Leadership goes beyond the banal by using our body and our sense of self to understand leadership. Anyone interested in the study of leadership would do well to read this book." — Michael F. Kets de Vries, Distinguished Clinical Professor of Leadership and Organizational Change, The Roaiul de Vlty d'Avaucourt Chaired Professor of Leadership Development, INSEAD "Leadership is a social construction. The Embodiment of Leadership presents a multifaceted approach to understanding how we, as a society, define, create and contend with leadership. Serious scholars and students of leadership need to read this." — Ronald E. Riggio, Kravis Leadership Institute, Claremont McKenna College

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Comparisons about similarities as well as differences between the different methods. It also shows very clearly how the Feldenkrais Method can be applied in a variety of specific settings.

By using sound research as the foundation of this book, it will be applicable not only to somatic practitioners but also to health care workers who are looking for more evidence-informed practices for their patients.

In the experiential parts MP3 files of the lessons are included.

Edited and written by 24 leaders in the field.

In this perceptive work, Dr. Robin Connors offers helpful guidelines to clinicians that will improve their capacity to respond in a direct, effective, and respectful way to people who self-injure. Key to this work is understanding the function of self-inflicted violence and its relationship to unresolved traumas and losses, including the role of trauma in disrupting the formation of the self-boundary. Dr. Connors identifies fundamental therapeutic tasks, gives clear examples of interventions, and offers concrete recommendations for interacting with patients about their self-injury.

This engaging two-volume study urges a balance between theoretical and practical sociology. Applied sociologists adapt theoretical knowledge to actual human situations, using it to formulate social policy, investigate domestic and international social problems and create a pragmatic ‘sociology of possibility’. These essays emphasize the close association of applied sociology with altruism, identity formation, race and ethnicity. They evaluate the empirical ‘truths’ of sociological theories and examine their relevance for contemporary research, poverty, demographic issues and social policies framed in the context of globalization. Each chapter of the study provides some workable guidelines for social scientists, policymakers, planners, administrators and social activists. The reader is also introduced to the sophisticated research methods employed in the social sciences.

Excessive theorizing is avoided as modern crises precipitated by war, terrorism, anarchy and poverty are examined in practical and realistic terms.