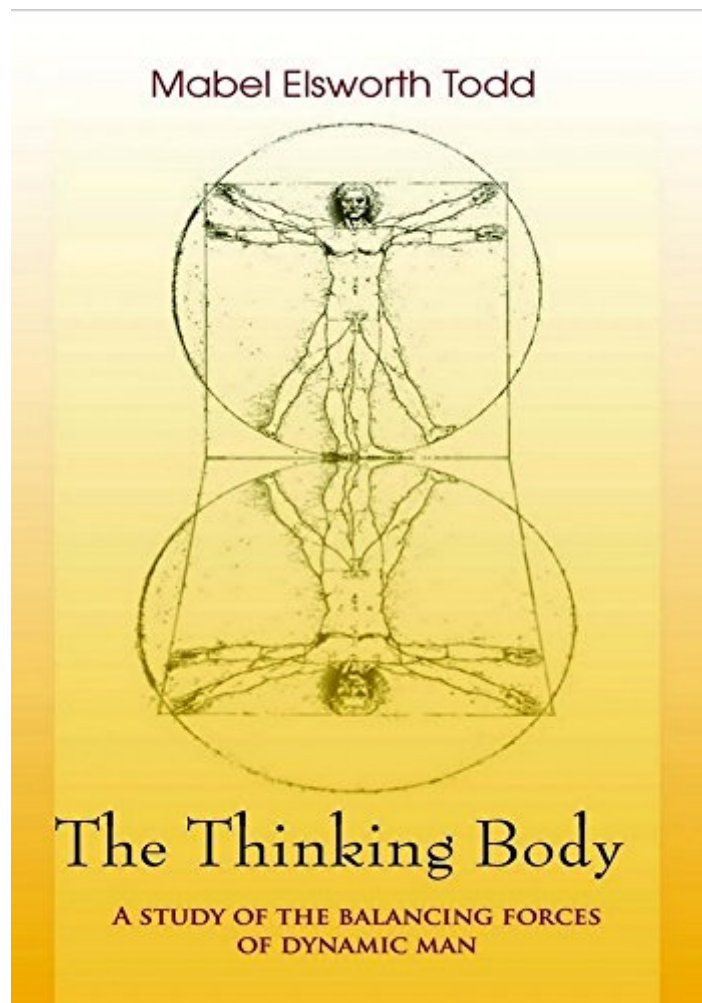




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The Thinking Body: A Study Of The Balancing Forces Of Dynamic Man



Synopsis

A classic study of physiology and the effect of psychological processes on movement that has a mind/body approach, which makes it a favorite of dancers. This brand new edition is an EXACT reproduction of the original 1937 edition and INCLUDES ALL ORIGINAL ILLUSTRATIONS!

Book Information

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Customer Reviews

I first heard of this book from a Marilyn Monroe Documentary . This book is a perfect compliment to Structural Integration Bodywork(Rolfing) and truly understanding the body in regards to structure,posture and movement.

This is an insightful, probably essential, book for those who aspire to excellence in the use of ones own body initially and subsequently others. I borrowed the book from my daughter, then bought one for myself which I lost and replaced. Read the testimonials - the experts are not exaggerating.

Some of the verbiage is a bit dated, but the information is timeless. An architectural look at the body

and how weight is distributed and managed. This book is a classic reference manual for anyone wanting to understand how a human body moves.

Excellent book on movement and the structure and function of the body. I took a summer intensive with the dance company Jump Rhythm Jazz Project and we were given portions of this book to read. There is truly nothing new under the sun. Portions of this text were originally part of a class syllabus for the author to her students back in 1929. There is much to learn here about how to truly get your body in a relaxed state while living and striding in the 21st Century.

Just started this book and it seems to be a good read. I like the way it's going so far. Marilyn Monroe used this to practice posture for her acting. That is not to say it's a reason to buy it, but my point is that I think it could be useful especially for those who are studying a physical craft. Helps you have a perspective on your posture.

Well researched, written and presented. So much material but easily comprehended.

Nice intro to using imagery to reprogram movement. It works. It is a nice complement to Feldenkrais and yoga. A little heady

Excellent read. Lots of good solid ideas and exercises. At times a little too deep in the science department for me but easy to pass over if not interested. For me, the best foundation for understanding the body.

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