

THE ELUSIVE OBVIOUS

*The Convergence of Movement,
Neuroplasticity & Health*



MOSHE FELDENKRAIS

Foreword by Norman Doidge, MD

Elusive Obvious

Moshé Feldenkrais



Elusive Obvious:

The Elusive Obvious Moshe Feldenkrais, 2019-04-23 Discover the transformative insights of movement pioneer Moshe Feldenkrais Essential reading for somatic practitioners movement teachers performing artists and anyone interested in self improvement and healing 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 that is more relevant today than when it was first published as current research strongly supports many of its insights The Feldenkrais Method 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 **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 as 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 *Group Work*

Practice in a Troubled Society Roselle Kurland, Robert Salmon, 2013-10-08 This book presents the wide range and diversity of effective group work practice in today's troubled society Representing the best in current practice chapters discuss modern group work and contain rich examples of practice and theory Group Work Practice in a Troubled Society examines the social realities in which group work is now practiced and addresses present day social issues and problems Contributing authors to Group Work Practice in a Troubled Society discuss innovations in practice programs and theory and a wide variety of work with clients in many different settings There is a breadth and strength and diversity in contemporary group work practice and the authors practitioners and educators from the United States Canada and Hong Kong represent the vitality of current

practice and theory Among the many topics they discuss are contextual group work practice latent content in work with groups group work in administration cultural sensitivity and diversity in small group practice group work in other cultures and with immigrant populations feminist group work and unique considerations in work with women s groups group work with sexually abused children with incest survivors and with sexual offenders group work in community centers group work with mentally ill chemical abusers group work use in an innovative 12 step modality Group Work Practice in a Troubled Society provides a wealth of information and ideas for social workers and students of social work who are interested or involved in group work and who wish to learn more about current practice and developments in the field The Feldenkrais Method in Creative Practice Robert Sholl,2021-01-28 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 The Elusive Obvious Moshé Feldenkrais,1981 John Adams Alexander Sanchez-Behar,2020-04-21 Winner of the 2022 Vincent H Duckles Award Music Library Association John Adams A Research and Information Guide offers the first comprehensive guide to the musical works and literature of one of the leading American composers of our time The research guide catalogs and summarizes materials relating to Adams s work providing detailed annotated bibliographic entries for both primary and secondary sources Covering writings by and interviews with Adams books journal articles and book chapters newspaper articles and reviews dissertations video recordings and other sources the guide also contains a chronology of Adams s life a discography and a list of compositions Robust indexes enable researchers to easily locate sources by author composition or subject This volume is a major reference tool for all those interested in Adams and his music and a valuable resource for students and researchers of minimalism contemporary American music and twentieth century music more broadly **Limitless Expanded Edition** Jim Kwik,2023-11-14 Brand new tools to unlock your brain s

potential now in paperback This expanded edition of the New York Times and 1 Wall Street Journal bestseller includes chapters on A I nootropics discovering your brain type and more For over 30 years Jim Kwik the world renowned brain coach has been the secret weapon of success for a diverse range of high achievers including actors athletes CEOs and business pioneers In Limitless he reveals science based practices and field tested tips to accelerate self learning communication memory focus recall and speed reading to create amazing results In this expanded edition you ll find four new chapters How to harness A I Artificial Intelligence to boost H I Human Intelligence The latest breakthroughs in nootropics and nutrition to enhance cognitive performance Limitless at Work tools to adapt and thrive whether you re fully remote embracing the hybrid model or resuming the traditional office setting A self assessment to crack your brain animal code Newly updated with transformative success stories from people who ve used Jim s teaching in the real world the expanded edition of Limitless gives people the ability to accomplish more more productivity more transformation more personal success more business achievement by changing their Mindset Motivation and Methods and creating unstoppable Momentum These 4 M s live in the pages of Limitless along with practical techniques that unlock the superpowers of your brain and change your habits Learn how to FLIP YOUR MINDSET Identify and challenge the assumptions habits and procrastinations that limit you and expand the boundaries of what you believe is possible IGNITE YOUR MOTIVATION Uncovering what motivates you is the key that opens up limitless mental capacity When you unleash your passions purposes and sources of energy you stay focused and clear on your goals MASTER THE METHODS Accelerate learning improve memory and enhance brain performance Jim Kwik applies the latest neuroscience for accelerated learning so you can finish a book 3x faster through speed reading and remember it learn a new language in record time and master new skills with ease BUILD MOMENTUM Unstoppable momentum is the product of mindset motivation and methods Jim offers new insights and tools to unlock the first 3 M s so you can become truly limitless Limitless Expanded Edition is the ultimate brain training book packed with practical techniques to help you level up your mental performance and transform your life There s no genius pill but Jim gives you the process for unlocking your best brain and brightest future Mark Hyman M D [Limitless](#) Jim Kwik,2020-04-28 Unlock the full potential of your brain learn faster and achieve your goals with this instant New York Times and 1 Wall Street Journal bestseller from Jim Kwik the world s 1 brain coach This ultimate brain training book is packed with practical techniques to help you level up your mental performance and transform your life There s no genius pill but Jim gives you the process for unlocking your best brain and brightest future Just like you want a healthy body you want a flexible strong energized and fit brain That s what Jim does for a living he is the personal trainer for the mind Mark Hyman M D Head of Strategy and Innovation Cleveland Clinic Center for Functional Medicine author of 12 New York Times best selling books For over 25 years Jim Kwik has worked closely with successful men and women who are at the top in their fields as actors athletes CEOs and business leaders from all walks of life to unlock their true potential In Limitless he reveals the science based practices

and field tested tips to accelerate self learning communication memory focus recall and speed reading to create amazing results Limitless is the ultimate transformation book and gives people the ability to accomplish more more productivity more transformation more personal success and business achievement by changing their Mindset Motivation and Methods These 3 M s live in the pages of Limitless along with practical techniques that unlock the superpowers of your brain and change your habits Learn how to FLIP YOUR MINDSET Identify and challenge the assumptions habits and procrastinations that limit you and expand the boundaries of what you believe is possible IGNITE YOUR MOTIVATION By uncovering your passions purposes and sources of energy you can stay focused and clear on your goals Uncovering what motivates you is the key that opens up limitless mental capacity This is where Passion Purpose Energy meet to move you closer to your goals while staying focused and clear MASTER THE METHOD Accelerate learning improve memory and enhance brain performance Jim Kwik applies the latest neuroscience for accelerated learning and will help you finish a book 3x faster through speed reading and remember every part of it learn a new language in record time and master new skills with ease What you ll get within these pages is a series of tools that will help you cast off your perceived restrictions You re going to learn how to unlimit your brain You re going to learn how to unlimit your drive You re going to learn how to unlimit your memory your focus and your habits If I am your mentor in your hero s journey then this book is your map to master your mind motivation and methods to learn how to learn And once you ve done that you will be limitless Jim Kwik Packed with tips and techniques to improve memory focus recall and speed reading this brain training book is the perfect gift for anyone looking to transform their life *Back to the Dance Itself* Sondra Horton Fraleigh,2018-10-24 In *Back to the Dance Itself* Sondra Fraleigh edits essays that illuminate how scholars apply a range of phenomenologies to explore questions of dance and the world performing life and language body and place and self knowing in performance Some authors delve into theoretical perspectives while others relate personal experiences and reflections that reveal fascinating insights arising from practice Collectively authors give particular consideration to the interactive lifeworld of making and doing that motivates performance Their texts and photographs study body and the environing world through points of convergence as correlates in elemental and constant interchange modeled vividly in dance Selected essays on eco phenomenology and feminism extend this view to the importance of connections with and caring for all life Contributors Karen Barbour Christine Bellerose Robert Bingham Kara Bond Hillel Braude Sondra Fraleigh Kimerer LaMothe Joanna McNamara Vida Midgelow Ami Shulman and Amanda Williamson [Business Coaching and Mentoring For Dummies](#) Marie Taylor,Steve Crabb,2016-02-01 Don t fall behind Coach your business toward success Business Coaching Mentoring For Dummies explores effective coaching strategies that guide you in coaching and mentoring your colleagues With insight into key coaching concepts and an impressive range of tools this easy to use resource helps you transform your team and yourself in the process Written from the perspective of a business coach this comprehensive book explores the practical coaching skill set tools and techniques that will help you

along your way and explains how to identify who to coach what to coach how to coach and when to coach Whether you have experience in a coaching and mentoring role or you re new to the coaching game this is a valuable must have resource The right approach to business coaching can take your company from good to great it can also improve employee satisfaction employee loyalty team morale and your bottom line The trick is to approach business coaching in a way that is effective and flexible ensuring that you achieve results while meeting the unique needs of your team This comprehensive text will help you Understand the foundational concepts of business coaching and mentoring Discover how proper coaching and mentoring methods can help get a business on the right track Identify and leverage tools to develop your business leadership mindset Create a successful personal and business identity with the support and guidance of a coach **Business Coaching Mentoring For Dummies** is an essential resource for business owners business leaders coaches and mentors who want to take their skills to the next level

Man's 4th Best Hospital Samuel Shem,2019-11-12 The sequel to the bestselling and highly acclaimed *The House of God* Years after the events of *The House of God* the Fat Man has been given leadership over a new Future of Medicine Clinic at what is now only Man s 4th Best Hospital and has persuaded Dr Roy Basch and some of his intern cohorts to join him to teach a new generation of interns and residents In a medical landscape dominated by computer screens and corrupted by money they have one goal to make medicine humane again What follows is a mesmerizing heartbreaking and hilarious exploration of how the health care industry and especially doctors have evolved over the past thirty years

Instant Motivation Chantal Burns,2015-01-06 This will change how you see everything Linda Swidenbank Publishing Director Time Inc UK Reveals the vital difference between how we really think and how we think we think Rory Sutherland Vice Chairman Ogilvy Mather This book will change how you think about what drives you to succeed Groundbreaking new research reveals how your state of mind holds the key to your motivation success and happiness Compelling evidence combined with inspiring stories and insights will unlock a powerful new mindset that will instantly boost your performance and open your eyes to what it really takes to excel If you want to power up your performance read this book Shaa Wasmund author of *Stop Talking Start Doing* Genuinely transformational Josh Kricheski COO MediaCom Compelling David Pugh Jones Global Creative Director Microsoft Life changing Sophie Hearsey Editor that s life Highly recommended Karl Marsden Managing Director Shortlist Media Ltd Deceptively powerful Stuart Taylor CEO Kinetic Worldwide

The Space Within Michael Neill,2016-05-03 There is a space within you where you are already perfect whole and complete It is pure consciousness the space inside of which all thoughts come and go When you rest in the feeling of this space the warmth of it heals your mind and body When you operate from the infinite creative potential of this space you produce high levels of performance and creative flow When you sit in the openness of this space with others you experience a level of connection and intimacy that is breathtakingly enjoyable and filled with love And when you explore this space more deeply you will find yourself growing closer and closer to the divine even if you re not sure there is such a thing and wouldn t

know how to talk about it if there was Every problem we have in life is the result of losing our bearings and getting caught up in the content of our own thinking the solution to every one of those problems is to find our way back home This is both the invitation and the promise of this book One problem One solution Infinite possibilities Are you ready to begin The Psychophysiology of Self-Awareness: Rediscovering the Lost Art of Body Sense Alan Fogel,2013-04-29 The science and practice of feeling our movements sensations and emotions When we are first born before we can speak or use language to express ourselves we use our physical sensations our body sense to guide us toward what makes us feel safe and fulfilled and away from what makes us feel bad As we develop into adults it becomes easy to lose touch with these crucial mind body communication channels but they are essential to our ability to navigate social interactions and deal with psychological stress physical injury and trauma Combining a ground up explanation of the anatomical and neurological sources of embodied self awareness with practical exercises in touch and movement Body Sense provides therapists and their clients with the tools to attain mind body equilibrium and cultivate healthy body sense throughout their lives **Literacy in the Arts** Georgina Barton,2014-04-01 This book explores the many dialogues that exist between the arts and literacy It shows how the arts are inherently multimodal and therefore interface regularly with literate practice in learning and teaching contexts It asks the questions What does literacy look like in the arts And what does it mean to be arts literate It explores what is important to know and do in the arts and also what literacies are engaged in through the journey to becoming an artist The arts for the purpose of this volume include five art forms Dance Drama Media Arts Music and Visual Arts The book provides a more productive exploration of the arts literacy relationship It acknowledges that both the arts and literacy are open textured concepts and notes how they accommodate each other learn about and from each other and can potentially make education better It is when the two stretch each other that we see an educationally productive dialogic relationship emerge

Singing With Your Own Voice Orlanda Cook,2015-11-17 This is a comprehensive practical encouraging book full of exercises and tips for anyone who wants to even needs to sing Actors in straight plays performers in musicals professionals and amateurs even people singing in choirs or bands will all benefit from Orlanda Cook s expert guidance The Choreography of Presenting Kendall Zoller,Claudette Landry,2010-01-13 Master the right moves for high impact presentations Like a great dance partner an excellent presenter leads others with ease and confidence By showing how verbal and nonverbal communication shapes every aspect of a successful presentation this engaging book helps educators develop their skills for polished public speaking Appropriate for all experience levels this resource Guides educators in developing the seven attributes of effective presentation Enables speakers to establish rapport and trust with an audience Shows how to smoothly overcome common presentation challenges Includes practice exercises in every chapter focusing on body language voice tone and other aspects of communication Results Jamie Smart,2016-12-05 Life can be a bit overwhelming sometimes right It can be difficult to clear your mind of a million different anxieties and focus in on the one

thing you need to get done Bestselling author of Clarity and The Little Book of Clarity goes one step further with Results by using his Clarity Coaching Model to help you de clog your mind so you can make better decisions prioritise and focus on achieving those important goals Develop a deeper understanding of why you act the way you do and awaken your inner potential Jamie s transformational coaching techniques will help you improve in all areas of your life from developing your listening skills during meetings at work to reducing the levels of stress in your life These techniques will see you through three important changes your personal transformation that will see you gaining confidence and understanding your own behaviour your interpersonal transformation to guide you in having an impact on those around you and lastly your commercial transformation to get your professional life moving in the direction you want Results is full of helpful examples and exercises to get you on the road to the results you need Learn how to Prioritise and focus on the right goals at the right time Achieve the results you want by following the Clarity Coaching Model Improve your overall performance to gain better relationships with your colleagues close friends and family Add more purpose to your life by allowing time for creativity and innovation Encourage others to follow in your footsteps

Working the Room Ron Nash,2023-11-13 Teachers often will conclude that teacher talk and worksheets won t cut it if getting students deeply engaged in their own learning is the goal Indeed students need to move beyond pretending to listen they can and should develop essential competencies that include academic discourse with classmates fielding and asking open ended questions seeking and providing peer feedback identifying failure as a necessary accelerant to improvement and finding joy in learning Having coached and observed in hundreds of K 12 classrooms over three decades Nash has met some incredible teachers whose students truly don t want to miss anything You ll meet teachers like that in this book as you discover ways to work the room in a collaborative engaging and joyful environment

The Handbook of Body Psychotherapy and Somatic Psychology Gustl Marlock,Halko Weiss,Courtenay Young,Michael Soth,2015-12-08 The Handbook of Body Psychotherapy and Somatic Psychology provides a comprehensive overview of body centered psychotherapies which stress the centrality of the body to overcoming psychological distress trauma and mental illness Psychologists and therapists are increasingly incorporating these somatic or body oriented therapies into their practices making mind body connections that enable them to provide better care for their clients Designed as a standard text for somatic psychology courses The Handbook of Body Psychotherapy and Somatic Psychology contains 100 cutting edge essays and studies by respected professionals from around the world on such topics as the historical roots of Body Psychotherapy the role of the body in developmental psychology the therapeutic relationship in Body Psychotherapy and much more as well as helpful case studies and essays on the use of Body Psychotherapy for specific disorders This anthology will be indispensable for students of clinical and counseling psychology somatic psychology and various forms of body based therapy including dance and movement therapies and is also an essential reference work for most practicing psychotherapists regardless of their therapeutic orientation Contributors Gustl Marlock Halko Weiss

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