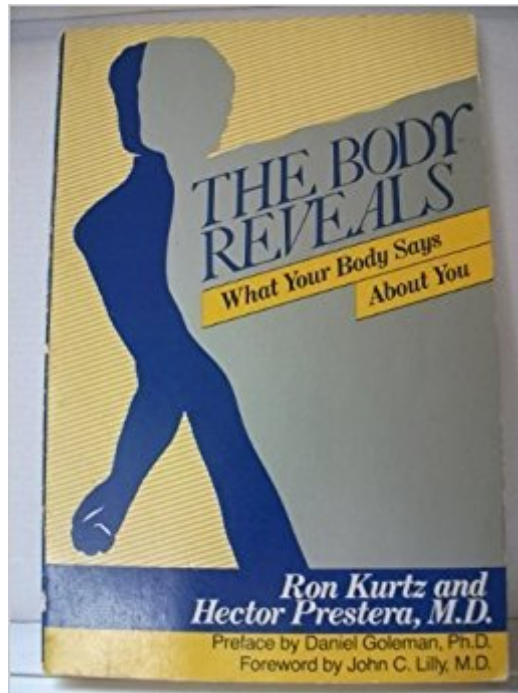




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The Body Reveals What Your Body Says About You



Synopsis

As illustrated. Covers and spine clean, bright and intact with sl handling wear. Text clean and unmarked.

Book Information

Paperback: 149 pages

Publisher: Harpercollins (April 1984)

Language: English

ISBN-10: 0062504886

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Product Dimensions: 0.8 x 6.2 x 9.2 inches

Shipping Weight: 8.8 ounces

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (6 customer reviews)

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Customer Reviews

This book, along with Dychtwald's Bodymind, was a mainstay back in the 80s for learning and teaching about reading the body and how the body expresses psychological patterns. However, it has become a bit dated. A more up to date book (2nd edition just released) that also takes a more broad based and in depth approach to exploring the bodymind connection is The Psychology of the Body by Elliot Greene and Barbara Goodrich-Dunn an essential book for those who work with the body, e.g., massage therapists, bodyworkers, physical therapists, somatic educators, etc. It doesn't delve into body reading as much, but goes into much more depth about the interconnection of the mind and body, how touch affects the bodymind, emotional release, and ethics from a body based point of view. In this sense, it is much more comprehensive and complements Body Reveals for those who want to know more about this subject.

This is a very old book, and it really has great information. In the reprinting or updating, the authors would do us all a great service by getting more specific. In the images, I often can't easily "see" the lines or details of what the authors are describing. It would be nice to include arrows or just get more clear with their verbal descriptions of the patterns they are pointing out in a physical body.

loved this one! Ron Kurtz good stuff! for bodyworker! get the endless web by Schultz and body secrets by mcfarland and of course Pleasure by alexander lowen! top of the top for this last one!

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