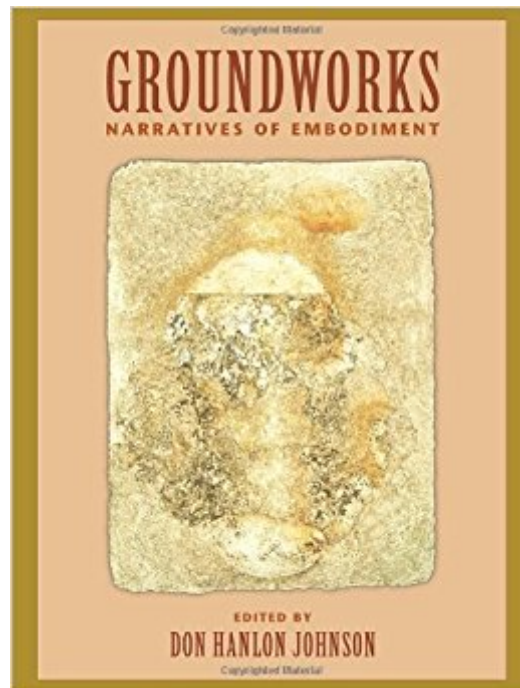




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# Groundworks: Narratives Of Embodiment



## Synopsis

Groundworks gives accounts of the actual processes of working with individuals in six major schools of Somatics by either the creator of the method itself or a leading teacher of the method. The creators are Robert Hall of Lomi School, Bonnie Bainbridge Cohen of Body-Mind Centering, and Emilie Conrad Da'oud of Continuum. Leading teachers of methods include Michael Salveson on Rolfing, Elizabeth Beringer on Feldenkrais work, and Darcy Elman on F. M. Alexander Technique. Each therapist describes how he or she approaches and diagnoses a patient's problem, how he or she determines what and where to work, and the progress of a session. Each therapist shows the complexity of working with somatic processes and the resulting reward for client and therapist both.

## Book Information

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## Customer Reviews

"This book is a thoughtful account of how practitioners of these various methods actually go about their brilliant work. It will advance the field of Somatics."- Michael Murphy, founder of Esalen Institute; author, *The Future of the Body*; *Golf in the Kingdom*

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.

Classic. A great resource for somatic bodyworkers.

The book had the perfect information I needed. It gave me different perspectives for Anyone looking

for different modalities of Embodiment.

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