

## The Elusive Obvious Or Basic Feldenkrais Moshe

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The Elusive Obvious deals with simple, fundamental notions of our daily life that through habit become elusive. Time is money is obviously a good attitude to have in business or work. It is not at all obvious that in love the same attitude is the cause of so much unhappiness. We often make mistakes.

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~~The Elusive Obvious or Basic Feldenkrais by Moshé Feldenkrais~~

The Elusive Obvious or Basic Feldenkrais. Moshe Feldenkrais. The Elusive Obvious deals with simple, fundamental notions of our daily life that through habit become elusive. Time is money is obviously a good attitude to have in business or work. It is not at all obvious that in love the same attitude is the cause of so much unhappiness.

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~~The elusive obvious ; or, Basic Feldenkrais. (Book, 1981 ...~~

He was particularly fascinated with the title "Elusive Obvious". In any case the book is written by the very talented Moshé Feldenkrais, who's method of awareness through movement transforms ones body into a state of total efficiency.

~~Amazon.com: Customer reviews: The Elusive Obvious or Basic ...~~

The Elusive Obvious, by Moshe Feldenkrais is a warm and conversational book that deals with simple, fundamental notions of our daily life that through habit become elusive.

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~~The Elusive Obvious or Basic Feldenkrais (22)~~

The Elusive Obvious: Or Basic Feldenkrais presents a thorough explanation of the Feldenkrais Method in the words of its founder, and, as its title indicates, it throws light on the causes of health problems that are hidden in plain sight.

~~The Elusive Obvious by Moshe Feldenkrais — Penguin Books ...~~

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~~The Elusive Obvious: The Convergence of Movement ...~~

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explanation of the Feldenkrais Method in the words of its founder, and, as its title indicates, it throws light on the causes of health problems that are hidden in plain sight"--Scientist, martial artist, and founder of the method that bears his name, Moshe Feldenkrais wrote several influential books on the relationship between movement, learning, and health.

~~The Elusive Obvious : The Convergence of Movement ...~~

The Elusive Obvious, 2nd Edition This second edition of Dr. Feldenkrais' popular book, deals with simple, fundamental notions of our daily life that through habit become elusive. Now with a new foreward by Norman Doidge, MD. In English. Distribution of physical items has been suspended due to COVID-19.

~~The Elusive Obvious, 2nd Edition International ...~~

The Elusive Obvious: Or Basic Feldenkrais presents a thorough explanation of the Feldenkrais Method in the words of its founder, and, as its title indicates, it throws light on the causes of health problems that are hidden in plain sight. ...more.

~~The Elusive Obvious: The Convergence of Movement ...~~

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.

~~The Elusive Obvious North Atlantic Books~~

The Elusive Obvious Book \$ 34.95 Research indicates that 80-90% of all communication is nonverbal. Michael's delineation of the 21 patterns of what one can do with one's eyes, voice, body (including gestures and location) and breathing is a major breakthrough.

~~The Elusive Obvious Book | The Science of Non-verbal ...~~

The Elusive Obvious- Or Basic Feldenkrais presents a thorough explanation of the Feldenkrais Method in the words of its founder, and, as its title indicates, it throws light on the causes of health problems that are hidden in plain sight.

~~The Elusive Obvious : The Convergence of Movement ...~~

This warm conversational book is deemed by many as one of Moshe Feldenkrais's most readable and interesting books. The Elusive Obvious was the last book Feldenkrais wrote and in it he distills his vision of his Method. The book represents a graceful summation of both the theory and practice of the Feldenkrais Method.

~~The Elusive Obvious, by Moshe Feldenkrais~~

This definition of self-directed learning in 'The Elusive Obvious' seemed to provide the basis for Mia's approach, which proved to "speak" effectively to the student's entire physical-mental spectrum of sensing-feeling-thinking-and-acting.

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"The beneficial effects of Awareness through Movement and Functional Integration, the two main strands of what we now call the Feldenkrais Method, are now known to many around the world: greater health and vitality and freedom from pain and anxiety. The Elusive Obvious: Or Basic Feldenkrais presents a thorough explanation of the Feldenkrais Method in the words of its founder, and, as its title indicates, it throws light on the causes of health problems that are hidden in plain sight"--

First Published in 1999. Routledge is an imprint of Taylor & Francis, an informa company.

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.

Thomas Armstrong vows only the loss of his faculties could ever convince him to take Amelia Bertram under his care during her father's absence from England. Sadly, that loss does occur... the moment Lady Amelia publicly states that rumors of his exalted sexual prowess are more fable than fact. Responding like any man with an ounce of pride would, he picks up the gauntlet she threw down on the ballroom floor. After the death of her mother, Amelia Bertram is further devastated by the withdrawal of her father's love. To survive the double heartbreak, she walls off her emotions. Now, her social faux pas finds her sharing a roof with the very man who took her place in her father's affections...the man her father hopes one day to call son. In the

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seclusion of his country estate, Thomas glimpses in Amelia a vulnerability buried beneath a mountain of jealousy and pain. In turn, she discovers the ton's 'golden Greek god' is more than the sum of rumor and innuendo. Soon a fire ignites between them not even a deluge from the Thames can extinguish. Can they set aside their plans—his for revenge, hers to escape—to forge a love powerful enough to surmount his pride and crumble the walls surrounding her heart? \*Reissue. Originally published by Kensington Publishing in 2011

Hailed for its searing emotional insights, and for the astonishing originality with which it weaves together personal history, cultural essay, and readings of classical texts by Sophocles, Ovid, Euripides, and Sappho, *The Elusive Embrace* is a profound exploration of the mysteries of identity. It is also a meditation in which the author uses his own divided life to investigate the "rich conflictedness of things," the double lives all of us lead. Daniel Mendelsohn recalls the deceptively quiet suburb where he grew up, torn between his mathematician father's pursuit of scientific truth and the exquisite lies spun by his Orthodox Jewish grandfather; the streets of Manhattan's newest "gay ghetto," where "desire for love" competes with "love of desire;" and the quiet moonlit house where a close friend's small son teaches him the meaning of fatherhood. And, finally, in a neglected Jewish cemetery, the author uncovers a family secret that reveals the universal need for storytelling, for inventing myths of the self. The book that Hilton Als calls "equal to Whitman's 'Song of Myself,'" *The Elusive Embrace* marks a dazzling literary debut.

"What drives this surprisingly deep novel are its revelations and their aftermath... Highly recommended for historical romance fans." ~ *Library Journal*, starred review **ABANDONED AT THE ALTAR** A man devastated by love After three years of carousing and debauchery, Alex Cartwright, heir to the Duke of Hastings, has put his life back in order. Having embraced sobriety for two years, he has no intention of revisiting the past or risking his heart again. But the return of the very woman who introduced him to the darkest side of hell brings not only the painful, haunting memories of bittersweet love and abandonment, but the son he never knew he had... A woman silenced by secrets Threatened by the revelation of a secret that could destroy her family's place in society and forever tarnish a dukedom, Charlotte fled England on her wedding day five years ago. Now, although it appears that secret is safe, when Alex discovers her other secret—their son—Charlotte has an altogether different battle ahead. She must now fight one love to hold onto the other—the man whose touch still makes her burn, for the child who is her very world. Other books in *The Elusive Lords* series: *Sinful Surrender* - Missy & James *A Taste of Desire* - Amelia & Thomas *All's Fair in Love & Seduction* (free novella) - Elizabeth & Derek *Connecting* series: *The Temptresses* *Twice the Temptation* - Catherine & Lucas

In a reprinted edition of a classic instructional book, now with a new

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foreword, the author presents judo as the art of using all parts of the body to promote general health, covering specific movements and positions and revealing the martial art's potential for improving mental and physical coordination. Reprint.

How the early Dungeons & Dragons community grappled with the nature of role-playing games, theorizing a new game genre. When Dungeon & Dragons made its debut in the mid-1970s, followed shortly thereafter by other, similar tabletop games, it sparked a renaissance in game design and critical thinking about games. D&D is now popularly considered to be the first role-playing game. But in the original rules, the term "role-playing" is nowhere to be found; D&D was marketed as a war game. In *The Elusive Shift*, Jon Peterson describes how players and scholars in the D&D community began to apply the term to D&D and similar games--and by doing so, established a new genre of games.

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