

The Elusive Obvious Or Basic Feldenkrais Moshe

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The Elusive Obvious Or Basic

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 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"--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.

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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.

The Elusive Obvious, by Moshe Feldenkrais

"The Elusive Obvious is Moshe Feldenkrais's most accessible book and covers his most profound

ideas and the fundamental principles behind his method. It is an absolute must-read for anyone interested in the processes of learning, healing, and self-improvement."

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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.

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The Elusive Obvious by Moshe Feldenkrais - Penguin Books ...

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The Elusive Obvious or Basic Feldenkrais (□□)

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 | Angus & Robertson

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

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.

The Elusive Obvious III - Feldenkraisnow

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