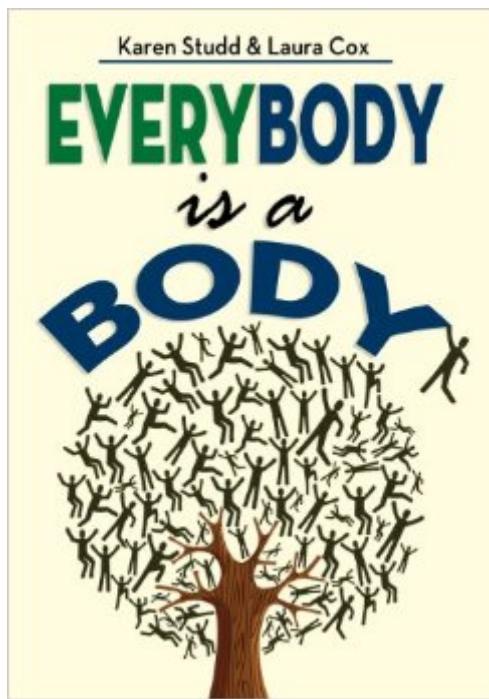


The book was found

Everybody Is A Body



Synopsis

Movement connects us all. We are all moving, all of the time. The moving body is the foundation of human activity. In a world where technological advancement allows for instant global connections, we are becoming increasingly disembodied. This gives rise to "dis-ease" in our physical, emotional and intellectual selves. This book promotes increased awareness of the power and potential of human movement. It takes into account personal uniqueness, as well as the universal aspects of what it means to be human. This is a book for every body. In order to experience life to its fullest, it is important to keep in touch with our moving selves. It is not a "how-to" book. We are not advocating a specific movement technique or practice. It is about re-discovering that you are a mover and that movement is not just an activity. Our movement is the expression of ourselves in the world. Karen A. Studd is master teacher for the Laban/Bartenieff Institute of Movement Studies, teaching internationally in training programs in movement analysis. She is also a professor at George Mason University. A teacher of movement analysis, somatics and dance, her interest is in promoting awareness of human movement as a fundamental body of knowledge. She is frequently sought as a "body language expert" in observation of personal style through the non-verbal communication of political pundits. Laura L. Cox is a teacher of Laban/Bartenieff Movement Studies, dance, kinesiology and somatics. She has taught internationally and served on the faculties of several universities, including New York University and the University of Nebraska. A Certified Movement Analyst (CMA) and Registered Somatic Movement Educator and Therapist (RSME, RSMT), she has a private practice in movement education and specializes in repatterning the movement of individuals suffering from chronic pain or injury.

Book Information

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Customer Reviews

I found this book to be scholarly, yet easily readable. We all should be knowledgeable about the workings of our own bodies. It's a must-read for dancers, gymnasts, or anyone doing physical labor on a daily basis. It's an interesting read for anyone who has had joint problems or who would like to prevent joint problems.

Everybody is a Body delivers the best example of why every one should understand and study the meaning of movement. Karen Studd and Laura Cox have written for everybody not just to the insiders of movement analysis. This book is the answer to what is movement analysis that can be shared with anyone. Karen and Laura have given great examples of how becoming conscious of observing how we and others move can change the way we think. This is a breakthrough book for understanding our total selves.

What a much needed addition to the literature in the field! As a Certified Movement Analyst (CMA), I fully appreciate what a difficult task the authors undertook. They have managed to articulate the richness and complexity of the work for the layperson, and that is no small accomplishment. The work gets to breathe in this book. All information is given in the context of a clear, yet open-ended, overview of the scope of the work. Concepts are introduced with enough examples to give them an identity and with the understanding that there is more to know if the reader chooses to delve further into the work. I particularly appreciate the inclusion of visual examples that effectively capture the essence of the experiences and remind us that we are part of a world of motion.

I really enjoy reading this book. I don't look at movement the same way at all. It's an incredibly interesting read and look at how and why we move in the various ways that we do.

If you are a person interested in (1) the basics of movement and a variety of methods and purviews to understand it, linguistically, objectively, and most importantly, personally and subjectively, (2) interested in the work of Rudolf Laban and Irmagard Bartenieff (3) but are completely lost in the rather complex and heady books available for, mostly, people already educated in the field, this book is for you. This is one of the few books out there that is accessible for amateurs, written in a way to make it facile for those who are dealing into unfamiliar territory of how movement works

both embodied within and outside the body, in space, and the impetus of effort. The authors are practitioners and teachers of Laban (Bartenieff), Movement Analysis of which this book reveals in simplicity. They teach future certified Movement Analysts around the world and are continuing to promote and increase the knowledge base the basic premise of movement: change, and that just as change is constant, thus follows movement. If you were to choose a book - any book - on the subject of "human movement potential" or "the body mind connection", this should be among the first you purchase. If I were to offer any criticisms of this text, it would only be these two: why, oh why did it take so long for someone to write and release it? And, two, it needs to be released in Kindle format post-haste. (But, I am patient with my hardcopy in hand!)

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