



# My Feldenkrais Book - How to do somatic exercises, develop mindfulness, improve motor skills and feel your best: A companion for Feldenkrais group classes

[Alfons Grabher](#)

It works well for people who have never heard of Feldenkrais®, in that it shows the important aspects that people need to know. The book really helps people grasp how and why the Feldenkrais® Method is different from other modalities, how intelligent, effective and unique it is. And the book works equally well for people who know and have experienced the Feldenkrais® Method before.

People really like the book. Everyone says the book is fun, interesting and easy to read and use. People love the pictures and the dialog bubbles. And the book makes it so easy for people to show to their friends and relatives, to explain what it is that they are doing, rather than having to describe, explain or illustrate what the Feldenkrais Method is. They can just hand them the book and say 'Here. This is what I am doing!'

The book appeals to all types of people, all age groups and backgrounds. Even though the pictures show young, healthy looking people doing lessons, older students and people with physical limitations like it as much as the younger ones. The book is contemporary, user-friendly, has a high quality feel and look; and although it is small, it is packed with info. It can make a huge difference in promoting and supporting Feldenkrais® in anyone's trade area (or anywhere for that matter), it's a resource.