



Moshe Feldenkrais

Life and Human Nature

1977

Moshe Feldenkrais DSc and Will Schutz PhD

Moshe Feldenkrais: Life and Human Nature.

The author of Awareness Through Movement shares his vision, warmth and wisdom in discussing life and human nature. Dr. Feldenkrais (1904-1984) combines wit and wisdom to describe his view of the human being and the human potential as applied to movement and the human body. Includes Will Schutz (1925-2002), author of Joy and Profound Simplicity.

Moshé Feldenkrais, D. Sc. (1904-1984) was a Ukrainian-Israeli engineer and physicist, known as the founder of the Feldenkrais Method, a system of physical exercise that aims to improve human functioning by increasing self-awareness through movement.

Moshé Feldenkrais was the author of many books including:

- Awareness Through Movement: Easy-to-Do Health Exercises to Improve Your Posture, Vision, Imagination, and Personal Awareness (HarperOne reprint 2009)
- Embodied Wisdom: The Collected Papers of Moshe Feldenkrais (Elizabeth Beringer & David Zemach-Bersin editors) (North Atlantic Books 2019)
- The Potent Self: A Study of Spontaneity and Compulsion (Frog Books 2002)

Will Schutz, Ph.D. Psychologist studied techniques in human behavior including psychosynthesis, psychodrama, bioenergetics, Rolfing, and gestalt therapy. Common to all were the use of nonverbal methods, especially movement and imagery. He began to incorporate parts of these nontraditional methods into his own group techniques.

Will Schutz's books include:

- Profound Simplicity: Foundations for a Social Philosophy (Pfeiffer & Co. 1982)
- Joy: Expanding Human Awareness (Grove 1968)

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