



# Bodies in Revolt: A Primer in Somatic Thinking

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Bodies in Revolt is the extraordinary book that has taught us to think 'somatically' about ourselves and has created special significance for the words 'soma' and 'somatic'. Here is a provocative, broad-ranging survey of the philosophical and scientific currents which have converged to form a new understanding of the human being as an embodied awareness. This book is a pioneering work that has given a name, an impetus and a rationale to the body-mind movement whose tradition is coming to permeate much of contemporary life.