

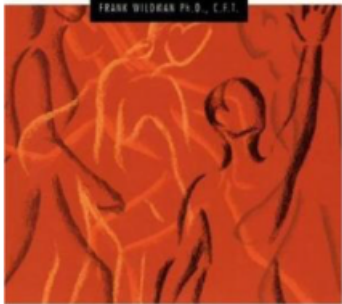
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Feldenkrais: The Busy Person's Guide to Easier Movement

[Frank Wildman](#)

Dr. Wildman is internationally renowned for his work integrating the psychology and the biology of motion. A former professional dancer and performing artist, he holds degrees in physical education, biology and psychology. His visionary style has changed the lives of thousands of people. His mastery of weaving the theoretical and practical has produced profound results by helping people to achieve more functional and fulfilling lives.