

A volume in the series
ADVENTURES IN
THE JUNGLE OF THE BRAIN

MOSHE
FELDENKRAIS

The Case of Nora

Body-Awareness
as Healing Therapy

Body Awareness as Healing Therapy: The Case of Nora

[Moshe Feldenkrais](#)

Body Awareness as Healing Therapy: The Case of Nora is Moshe Feldenkrais' classic study of his work with Nora, a woman who has suffered a severe stroke and lost her neuromuscular coordination, including the ability to read and write. Feldenkrais uses rational and intuitive approaches to help his student relearn basic motor skills. One can observe here the groundwork of Feldenkrais' extraordinary insights which became known as the Feldenkrais Method. We follow his detailed descriptions of the trial and error process which led him to see the ingredients that were needed to help Nora reshape her attention, perception, imagination and cognition.