

EXPLORERS OF HUMANKIND

MOSHE FELDENKRAIS
ALEXANDER LOWEN
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CHARLOTTE SELVER & CHARLES BROOKS
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ASHLEY MONTAGU
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Edited by THOMAS HANNA

Explorers of humankind

Thomas Hanna (editor)

A great collections of essays from researchers and practitioners, who have explored the human mind and body and transformed our understanding of human being. All the authors have deeply informative and profound knowledge to share in these essays. Some of the very famous ones include- Feldenkrais, Ida Rolf, Barbara Brown, Selver & Brooks. I must mention however, that each essay in this collection is par compare. Extremely pleasant, easy, and yet profound book. I highly recommend it to everyone!