



The Potent Self: A Study of Spontaneity and Compulsion

[Moshe Feldenkrais](#)

Moshe Feldenkrais, D.Sc., a visionary scientist who pioneered the field of mind-body education and therapy, has inspired countless people worldwide. His ability to translate his theories on human function into action resulted in the creation of his technique, now known as the Feldenkrais Method of Somatic Education. In *The Potent Self*, Feldenkrais delves deeply into the relationship between faulty posture, pain, and the underlying emotional mechanisms that lead to compulsive and dependent human behavior. He shares remarkable insights into resistance, motivation, habit formation, and the place of sex in full human potential. *The Potent Self* offers Feldenkrais' vision of how to achieve physical and mental wellness through the development of authentic maturity.