



Carl Ginsburg

With contributions
by Lucia Schutte-Ginsburg

THE INTELLIGENCE
OF MOVING BODIES:
A SOMATIC VIEW OF
LIFE AND ITS
CONSEQUENCES

The Intelligence Of Moving Bodies - A Somatic View Of Life And Its Consequences

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The Intelligence of Moving Bodies is a genuinely enlightening work, a revelation to anyone who lightly passes over experience of his or her body and is thereby actually unfamiliar with the subtleties of bodily experience. Ginsburg offers detailed guidance through two dozen exercises that are based on the work of Dr. Moshe Feldenkrais, exercises that lead readers to explore their bodily experience and to reach personal conclusions. An extensive survey of recent work in psychology on feeling, perception, and motion runs in tandem with the exercises and provides a much needed corrective to objective models with 'how the body works.'