



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

[Carl Ginsburg](#)

The Intelligence of Moving Bodies is a genuinely enlightening work, a revelation to anyone who lightly ppasses 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.'