



MOSHE FELDENKRAIS:

*A Life in Movement*



MARK REESE | VOLUME ONE

# Moshe Feldenkrais: A life in movement

Mark REESE

Now, finally the great integrative genius and master of turning scientific insights into practical ways to help people has found, in Mark Reese, the biographer he deserves. *Moshe Feldenkrais: A Life in Movement, Volume One* is a fastidiously researched, exciting, profoundly insightful story that gets deep inside the mind of the swashbuckling, theatrical, brilliant integrator, as he lived through many of the greatest intellectual, political and scientific events of the 20th century. He, in his struggle to overcome his own major injury, pioneered a unique way of teaching people to learn how to learn, and to change their brains, by increasing awareness of whatever they did, providing the foundation for a gentle but powerful approach to alleviating human suffering.