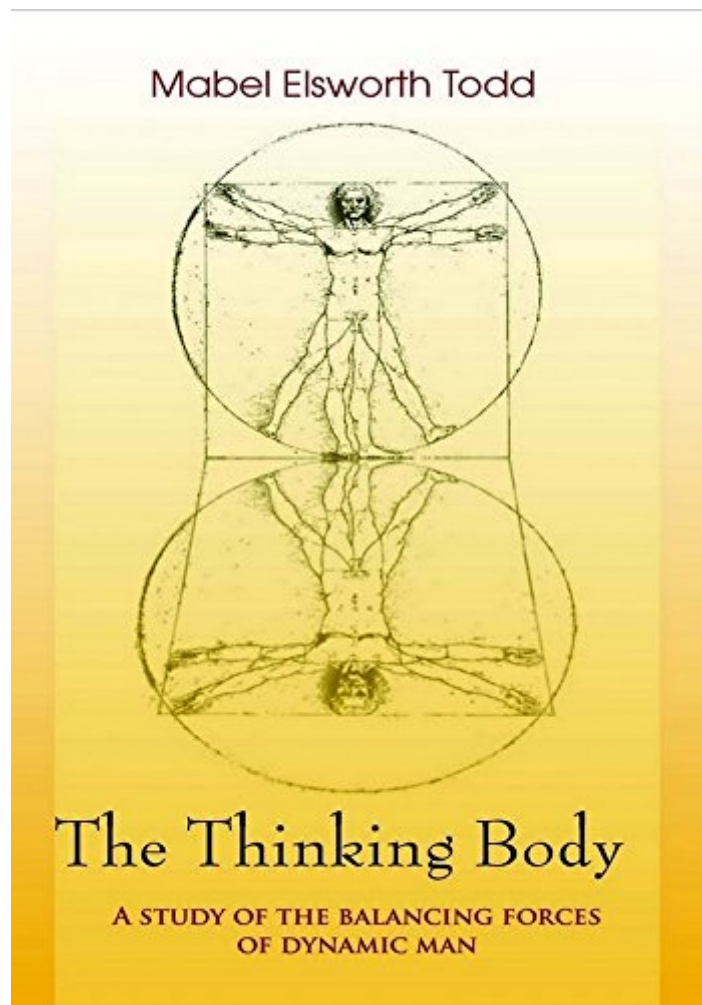


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# The Thinking Body: A Study Of The Balancing Forces Of Dynamic Man



## Synopsis

A classic study of physiology and the effect of psychological processes on movement that has a mind/body approach, which makes it a favorite of dancers. This brand new edition is an EXACT reproduction of the original 1937 edition and INCLUDES ALL ORIGINAL ILLUSTRATIONS!

## Book Information

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## Customer Reviews

Mabel Todd's *The Thinking Body* is a must read for every serious Yoga student. It's the source book for what's called ideokinesis, a wonderful system of body-mind education based on the use of creative imagery. Much of what I learned in Yoga classes in my early years as a student I found echoed in Todd's book, which was written in the 1930s. It's not always easy to find a copy, and if you can get one for under \$20, snap it up.

In a very simple and interesting way, it allows to see the human body like an integral part of us. How postures, physical development, connects with our personalities, needs, strengths and challenges. Just brilliant.

I first heard of this book from a Marilyn Monroe Documentary . This book is a perfect compliment to

Structural Integration Bodywork(Rolfing) and truly understanding the body in regards to structure,posture and movement.

This is an insightful, probably essential, book for those who aspire to excellence in the use of ones own body initially and subsequently others. I borrowed the book from my daughter, then bought one for myself which I lost and replaced. Read the testimonials - the experts are not exaggerating.

This is a great book for those seeking to better understand their body mechanics! I have taken years of yoga classes and love the power of visualizing poses. With this book, I have learned so much about how my body works and how linked it is to our mental capacity or awareness. Truly, it is a holistic view of anatomy and physiology that includes emotions, intuition, psychology, culture, and spirituality.Mabel Elsworth Todd's ideas and practices served as the foundation for the field known as Ideokinesis - essentially, body-mind integration. Two of her better-known students, Dr. Lulu Sweigard and Barbara Clark refined it to a scientifically tenable system accessible for broader audiences, including children. These two women both published manuals and books in their lifetimes, but it seems that only Sweigard's Human Movement Potential: Its Ideokinetic Facilitation is still in print.

Some of the verbiage is a bit dated, but the information is timeless. An architectural look at the body and how weight is distributed and managed. This book is a classic reference manual for anyone wanting to understand how a human body moves.

Wow. Marilyn Monroe must've been a very secretly smart woman! I discovered this book after watching the HBO doc love Marilyn and all I have to say is wow. This book is written almost Shakespearian like either that or I seriously need to upgrade my vocabulary. It's almost like a personalized textbook for your body and mind. The thinking body teaches you everything from how to walk and talk to etiquettency! A pure classic no doubt about it the thinking body basically teaches you how to raise yourself and teach yourself how to act. Civil.

Invaluable insight into the precise workings of the skeletal-muscular structure of the human body and the influence of the mind on its function. Written in extremely accesable language( to the lay reader), and complete with the original drawings that of beautifully illustrate the text in painstaking detail. Extremely easy reading, yet chock full of the most erudite knowledge on the subject. A virtual

mechanics manual for the human muscular skeletal frame and the forces that drive it to bring it into balance.

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