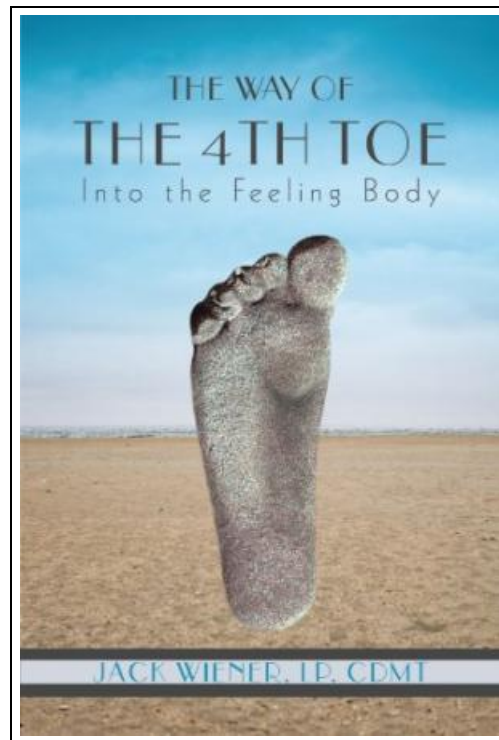


The Way of the 4th Toe Into the Feeling Body



Filesize: 8.6 MB

Reviews

Very useful to any or all group of men and women. It is written in basic words instead of difficult to understand. I realized this ebook from my i and dad recommended this publication to understand.
(Althea Fahey MD)

THE WAY OF THE 4TH TOE INTO THE FEELING BODY



iUniverse.com. Paperback. Book Condition: New. Paperback. 84 pages. Dimensions: 8.9in. x 5.9in. x 0.3in. Eliminate pain in feet, legs, lower back, and neck by how you stand and walk. This body-mind book details how to change habitual physical and emotional patterns by the way you move. For dancers teachers, physical therapist, psychotherapists, psychoanalysts, artists, who know that the body unconsciously controls to deny feelings! The Way of the 4th Toe is a work of genius. There is no one who cannot benefit from its wisdom and experience. It is exactly what we need to help re-connect to our physical being. Wiener prescribes the antidote to the many pains and disabilities experienced through ignorance of the natural self. Bernard Berkowitz, Ph. D. Psychologist-Psychoanalyst, Co-author How To be your own Best Friend, etc. A book filled with wisdom coupled with directions for working with body tensions. Wiener opens contact and flow of feeling and thought locked in actual body life. So often I would read, try out suggestions and say - beautiful! A lifetime of practical experience and know-how richly condensed. I like your cogent, nourishing remarks. An invaluable book you'll want to share with family and friends. Michael Eigen, Ph. D. , Author, Contact With the Depths, The Sensitive Self, and Feeling Matters. The Way of the Fourth Toe is a distinctive treatment of the relationships among dance, pedagogy, psychotherapy, and creative movement. Absorbing as a model of dance-as-therapy, and as a narrative of deepening self-insight. Meg Chang, Ed. D. BC-DMT, Somatic Psychology Program Chair, California Institute of Integral Studies. I did the standing stretching exercise we do at the start of your classes twice every day while away in Tanzania this past winter. It made a terrific difference in my physical state and I'm dedicated to continuing that discipline here at...



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