Body Awareness As Healing Therapy The Case Of Nora


Move past trauma, balance your emotions, and reconnect with your body's innate wisdom in Body Awareness Workbook for Trauma. There is a piercing epidemic of trauma in the world today. Every few days there are reports of another tragedy, of more lives lost to gun violence, loved ones and family homes lost to floods, hurricanes, or fires. Women have come to speak openly about the trauma of sexual assault, and we are finally talking openly about the trauma inflicted on people of color, on transgender people, and immigrants. But now that this trauma is out in the open, how do we heal? For years, we've understood the connection between trauma and mental health issues, such as depression and anxiety. But somatic psychology has recently shown that our bodies hold on to trauma, and trauma can manifest in physical symptoms, such as pain, hormone imbalance, sexual dysfunction, and addiction. In addition, we now know that developmental trauma—trauma that emerges when basic childhood needs are not met—can result in profound emotional stress and lead to serious diseases. Building on this knowledge, this cutting-edge guide offers simple skills for connecting and calming your body, balancing your emotions, and rewiring old patterns of reactivity for better self-regulation. The mind-body approach in this book is designed to guide you away from post-traumatic stress disorder (PTSD) and trauma and toward posttraumatic growth. Using these exercises, you'll learn to reconnect and relate to your body—and yourself as a whole—in a new and healthy way. If you're ready to move past your trauma and rediscover your body's innate capacity for healing, growth, vitality, and joy, this unique guide will help light the way.

In Eurhythms for Autism and Other Neuropsychologic Diagnoses, Dorita S. Berger reveals how Eurhythms, a method of teaching the musical concepts of rhythm, structure and expression kinaesthetically through movement, can help develop sensorimotor skills in children and adults with autism and other special needs. Covering both theory and practice, she explains this innovative, music-based approach and how it can also address cognitive and sensory issues in adults with debilitating conditions, such as dementia or post-traumatic stress disorder. With a particular emphasis on autism, she provides clear and adaptable session plans, suitable for working with children and adults of all ages.

Grupping around a familiar room in the dark, relearning to read after a brain injury, navigating a virtual landscape through an avatar: all are expressions of vicariance—when the brain substitutes one process or function for another. Alain Berthoz shows that this capacity allows humans to think creatively in an increasingly complex world.

This new book brings together the latest research in the battle against autism. According to numerous news reports, the increase in special needs children has reached epidemic proportions in the United States. Autism is a complex developmental disability that typically appears during the first three years of life. The result of a neurological disorder that affects the functioning of the brain, autism and its associated behaviors have been estimated to occur in as many as 2 to 6 in 1,000 individuals. Autism is four times more prevalent in boys than girls and knows no racial, ethnic, or social boundaries. Autism is a spectrum disorder. The symptoms and characteristics of autism can present themselves in a wide variety of combinations, from mild to severe. Although autism is defined by a certain set of behaviors, children and adults can exhibit any combination of the behaviors in any degree of severity. People with autism process and respond to information in unique ways. In some cases, aggressive and/or self-injurious behavior may be present.

Body Awareness as Healing Therapy: The Case of Nora is Moshe Feldenkrais' classic study of his work with Nora, a woman who has suffered a severe stroke and lost her neuromuscular coordination, including the ability to read and write. Feldenkrais uses rational and intuitive approaches to help his student relearn basic motor skills. One can observe here the groundwork of Feldenkrais' extraordinary insights which became known as the Feldenkrais Method. We follow his detailed descriptions of the trials and error process which led him to see the ingredients that were needed to help Nora reshape her attention, perception, imagination and cognition.

Covering leadership in the arts and humanities, this volume integrates critical theory with authentic leadership development, exploring the notion that leadership is both a discursive practice and a performative identity. Each year the International Leadership Association publishes a book that captures the best contemporary thinking about leadership from a diverse range of scholars, practitioners, and educators working in the field of leadership studies. In keeping with the philosophy of the ILA, the International Leadership Series Building Leadership Bridges connects ways of researching, imagining, and experiencing leadership across cultures, over time, and around the world. Praise for The Embodiment of Leadership "Read this book to experience an artistic and more sensitive sense of leadership; to rise to the challenge to gain alignment in mind, body, and spirit; and to heed the call to heal the shadows we as leaders sometimes cast over our collective humanity. Read this book to become more whole." —Shanna Ray Ferch, professor of leadership studies, Gonzaga University "For once leadership experts consider the mind-body problem from the perspective of the latter—the body. Those with an interest in how the body is brought to bear on the exercise of leadership would do well to explore The Embodiment of Leadership." —Barbara Kellerman, James MacGregor Burns Lecturer in Public Leadership, John F. Kennedy School of Government, Harvard University "The Embodiment of Leadership is a book that engages the body from the outside in, previous work on the leadership of change. Anyone interested in the study of leadership would do well to pay attention to this book." —Manfred F. R. Kets de Vries, Distinguished Clinical Professor of Leadership and Organiza-tional Change, The Raoul d'Urbavac Courted Professor of Leadership Development, INSEAD "Leadership is a social construction. The Embodiment of Leadership presents a multifaceted approach to understanding leadership as we, as a society, define, create, and contend with leaders and leadership. Serious scholars and students of leadership need to read this." —Ronald E. Riggio, Kravis Leadership Institute, Claremont McKenna College

This engaging two-volume study urges a balance between theoretical and practical sociology. Applied sociologists adapt theoretical knowledge to actual human situations, using it to formulate social policy, investigate domestic and international social problems and create a pragmatic 'sociology of possibility'. These essays emphasize the close association of applied sociology with altruism, identity formation, race and ethnicity. They evaluate the empirical 'trials' of sociological theories and examine their relevance for contemporary research, public policy, and social problems framed in the context of...
globalization. Each chapter of the study provides some workable guidelines for social scientists, policymakers, planners, administrators and social activists. The reader is also introduced to the sophisticated research methods employed in the social sciences. Excessive theorizing is avoided as modern crises precipitated by war, terrorism, anarchy and poverty are examined in practical and realistic terms.

The objective of this book is to promote and enable closer co-operation between different health professionals in treating pain, by introducing psychosocially oriented team members to the medical aspects of pain, and medically oriented team members to the psychosocial aspects. The structure of the book completely mirrors this objective. The book has nine parts, arranged according to a balanced plan. Parts I and II deal with theoretical (basic science) approaches to pain, whereby Part I focuses on the medical approaches and Part II on the psychosocial ones. Part III is devoted to pain evaluation and assessment, whereby chapter 9 deals with the medical aspects, chapter 10 with the psychophysiological and psychiatric aspects, and chapter 11 with the psychological psychometric approach, describing different commonly used questionnaires for assessing various aspects of pain. Parts IV to Part VII are devoted to treatment of pain. Part IV focuses on medical treatments, Part V on psychological treatments, Part VI on palliative approaches, and Part VII on complementary approaches (mainly those supported by enough research and evidence). Part VIII focuses on particular pain syndromes, those that are most frequent in the practice of pain, emphasising both medical and psychosocial aspects in each chapter. Finally, Part IX deals with the practice of treating pain -- in chapter 29 with the facilities and pain centres, namely, the locations where the integration of the described approaches to pain is expected to take place, and in chapter 30 with the problems of the health professional that treats pain.

Discover the revolutionary way to harness the brain's capacity to heal itself Supported by the latest brain research, The Anat Danieli Method uses simple, gentle movements and focus to help any child, who has been diagnosed with autism, Asperger's Syndrome, ADHD, Cerebral Palsy or other developmental disorders. In this supportive and hands-on book, Anat Danieli guides parents through the nine essentials of the method, each one designed to harness the brain's capacity to heal itself -- with remarkable and sometimes immediate results. By shifting the focus to connecting rather than "fixing," this powerful yet simple method helps both children and parents to de- stress, focus, and grow. Most of all, the it helps all children maximize their potential, no matter what their diagnosis.

This book presents attitudes, information, and tools for a holistic approach to medicine, health, and mental health. In our discussions among ourselves and with the contributing authors we defined three aspects of a holistic approach. First, such an approach involves expanding our focus to include the many personal, familial, social, and environmental factors that promote health, prevent illness, and encourage healing. Second, a holistic approach views the patient as an individual person, not as a symptom-bearing organism. This attitude emphasizes the self-responsibility of the person for his or her health and the importance of mobilizing the person's own health capacities, rather than treating illness only from the outside. Third, the holistic approach tries to make wise use of the many diagnostic, treatment, and health modalities that are available in addition to the standard materia medica--including alternative medical and healing systems as well as psychological techniques and physical modalities. Some of these methods of treatment and health practices are already accepted, others are accepted but not applied in practice, and still others need further research to explore the range of their uses.

This book teaches performers to use the Feldenkrais Method of neuromuscular activities to ameliorate problems of tension, muscle strain, and illness in order to obtain optimal vocal performance. It contains important and unique modularized lessons specifically designed for liberating function in all musicians, and singers in particular.

Ophthalmologist William H. Bates' Original Antique Magazine Pages from the 1900's. The origin, true source of Natural Eyesight Improvement. Learn directly from the eye doctor that discovered this safe, effective method. Dr. Bates discovered the true principles of the eyes function and applied relaxation, natural methods, practice of normal eye function to return the eyes (visual system) to normal function with clear vision, healthy eyes. 'The Bates Method of Natural Eyesight Improvement'. Natural Treatments by Dr. Bates correct, prevent many different eye conditions without use of eyeglasses, surgery, drugs.

Treatments for: unclear close and distant vision, astigmatism, cataracts, glaucoma, conical cornea, cornea scars, wandering/crossed eyes and other conditions. Dr. Bates recorded 11 years of work in his Clinic, his patients eye conditions and the natural treatments he applied to correct their eyesight in his Better Eyesight Magazine. Hundreds of different Natural Treatments are listed. The magazines contain 'True Life Stories' of the Doctors, Assistants, Patients. Entertaining. A History book, life in the early 1900's. The Bates Method was hidden from the public by Eye Surgeons, Optometrists, Optical Businesses for over 100 years because this method works, is easy, anyone can learn, teach it, including children. When Dr. Bates cured the eyes, eyesight of many patients and other eye doctors in the hospital where he worked with natural treatment and proved his method is fact, that some of the old theories of eye function are incorrect, the eye doctors that preferred to sell eyeglasses, surgery, drugs became angry and expelled him. (See: 'Reason and Authority' & 'Dr. Bates Lecture' in Better Eyesight Magazine; November, 1919, April, 1923.) Dr. Bates then opened his own office, a Clinic in New York City. He treated thousands of people with eye problems. He kept his price for medical treatment low and also provided no charge office visits 'Free Clinic Days' for people that could not afford to pay for a visit to an Ophthalmologist. His treatments were successful. He cured a variety of eye conditions in the young and old, people of all ages, nationalities. The Bates Method is so simple and effective that many of his cured patients, 'often children' went on to cure their friends, family, teachers and other children of defective vision including blindness, crossed, wandering eyes. Read the 'True Story of The two Little Girls that Restored a Blind Mans Eyesight' in the Oct., 1925 Magazine Issue.

Blades combines insight from great teachers of the past and present to voice students at all levels. A quick-and-handy reference for the studio teacher, this book also serves as a text for vocal pedagogy courses and as a supplement for physiology and vocal mechanics, teachers and student of singing, music educators, and musical theater performers.

In this fascinating and practical book, Garet Newell and Simon Paul Ogden show how the Feldenkrais Method can be used by coaches and managers as a resource to improve both the performance of individuals and the health and wellbeing of the people they work with. The Feldenkrais Method is based on sound mechanical and neurological principles that are easily accessible through simple practical lessons. Through its emphasis on experiential learning, The Feldenkrais Method for Executive Coaches, Managers, and Business Leaders offers a means to improve many aspects of everyday working life: from sitting and walking more comfortably, improving interpersonal relations, developing personal impact and presence, to performing a highly developed skill more efficiently. By exploring patterns of everyday movement, the method encourages the discovery of new possibilities and choices providing a remarkable approach for expanding potential. Although widely recognised within the performing arts and sports as a method for improving skills, performance and recovery from injury, the Feldenkrais Method is not as widely known outside these arenas, yet the principles and practice behind it are equally applicable to the workplace. Using case studies, the book highlights common issues that coaches and managers are frequently asked to deal with. Each case, and the impact it has in the workplace, is explored from the perspective of the Feldenkrais Method. Included in each chapter there is a practical Awareness Through Movement lesson that addresses some of the themes raised. The Feldenkrais Method for Executive Coaches, Managers, and Business Leaders provides, an invaluable resource for professionals interested in both learning and development, and health and wellbeing in the workplace. It will also appeal to counsellors and therapists interested in somatic approaches.

This thoroughly revised edition of the authoritative reference Fascial Release for Structural Balance brings the book up to date with all of the most current research on the role of fascia and myofascia in the body, and how treatment affects it. This edition takes advantage of more sophisticated testing to explore in greater detail the relationship between anatomical structure and function, making it an even more essential guide. Offering a detailed introduction to structural anatomy and fascial release therapy, including postural analysis, complete technique descriptions, and the art of proper assessment of a patient.
through "bodyreading," the book features 150 color photographs that clearly demonstrate each technique. The authors, both respected bodywork professionals, give any bodywork practitioner using manual therapy—including physiotherapists, osteopaths, chiropractors, myofascial and trigger point therapists, and massage therapists—the information they need to deliver effective treatments and create long-lasting, systemic change in clients' shape and structure. Fascia, the soft tissue surrounding muscles, bones, and organs, plays a crucial role in supporting the body. By learning to intelligently manipulate it, a bodyworker or therapist can help with many chronic conditions that their clients suffer from, providing immediate pain relief as well as reducing the strains that may contribute to the patient's ongoing aches and pains, leading to rapid, effective, and lasting pain relief. James Earls and Thomas Meyers argue that approaching the fascia requires "a different eye, a different touch, and tissue-specific techniques."

INNER PEACE—GLOBAL IMPACT describes underlying principles of Tibetan wisdom traditions relevant for successful leadership in the 21st century as well as Tibetan teachers whose entrepreneurial actions were critical to the development of Tibetan Buddhism in the West. With first-person narratives, personal stories, scholarly research, and commentaries by noted social scientists, this book is written for everyone who wants ideas to revitalize leadership. It is rich with vivid pictures of deep personal experience. Long-time Western Tibetan Buddhist practitioners describe how their practice has influenced them in fields as diverse as scientific research, social work, art, dance, and university teaching. The Dalai Lama is seen through the eyes of his long-time friend, eminent author Huston Smith, as well as through the experiences of Thupten Jinpa, English translator of His Holiness the Dalai Lama; Sogyal Rinpoche, an influential teacher and author; and other key leaders. This book is a best seller in Tibetan culture and is available in English and German.

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In this perceptive work, Dr. Robin Connors offers helpful guidelines to clinicians that will improve their capacity to respond in a direct, effective, and respectful way to people who self-injure. Key to this work is understanding the function of self-inlicted violence and its relationship to unresolved traumas and losses, including the role of trauma in disrupting the formation of the self-boundary. Dr. Connors identifies fundamental therapeutic tasks, gives clear examples of interventions, and offers concrete recommendations for interacting with patients about their self-injury.

Also published as vol. 2 of a two-vol. set, the first vol. of which is titled Origins.

NEW YORK TIMES BESTSELLER The New York Times bestselling author of The Brain That Changes Itself presents astounding advances in the treatment of brain injury and illness. Now in an updated and expanded paperback edition, Winner of the 2013 Gold Nautilus Book Award in Science & Cosmos, In his groundbreaking work The Brain That Changes Itself, Norman Doidge introduced readers to neuroplasticity—the brain's ability to change its own structure and function in response to activity and mental experience. Now his revolutionary new book shows how the amazing process of neuroplastic healing really works. The Brain's Way of Healing describes natural, noninvasive avenues into the brain provided by the energy around us—in light, sound, vibration, and movement—that can awaken the brain's own healing capacities without producing unpleasant side effects. Doidge explores cases where patients alleviated chronic pain; recovered from debilitating strokes, brain injuries, and learning disorders; overcame attention deficit and hyperactivity disorder; eliminated symptoms of autism; and found relief from the symptoms of dementia. And we learn how to vastly reduce the risk of dementia, with simple approaches anyone can use. For centuries it was believed that the brain's complexity prevented recovery from damage or disease. The Brain's Way of Healing shows that this very sophistication is the source of a unique kind of healing. As he did lucidly in The Brain That Changes Itself, Doidge uses stories to present cutting-edge science with practical real-world applications, and principles that everyone can apply to improve their brain's performance and health.

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Have faith, because there is hope... Is the single most important thing you think about when you are blessed with a special needs child? Or when you face a life-changing condition such as a major sports injury or Parkinson's or a stroke? Is there hope? Can my child break through his limitations? Can I recover? In this book of true stories and practical guidelines, the novice as well as the advanced practitioner will begin to understand the potential of the Feldenkrais Method. The Feldenkrais Method is based on the Feldenkrais Method—Awareness Through Movement and Functional Integration—now known by many around the world for reducing pain and anxiety, cultivating vitality, and improving performance. The Elusive Obvious presents ideas that are more relevant today than when the book was first published, as current research strongly supports many of the insights on which the Feldenkrais Method is based. This beautiful new edition is ready to be treasured by an emerging generation of somatic practitioners, movement teachers, performing artists, and anyone interested in self-improvement and healing. The two main strands of the Feldenkrais Method—Awareness Through Movement and Functional Integration—are now known by many around the world for reducing pain and anxiety, cultivating vitality, and improving performance.

In Running with the Whole Body, Heggie proposes a thirty-day exercise program that will not only prevent you from injuring yourself in a new way, but enable you to become a smoother, and more powerful runner. The exercises presented isolate the workings of the various parts of the body to show how each part of the body balances and works in concert with the others. The result is a body whose torso, hips, pelvis and shoulders all move freely in the act of running. You will discover how to unleash the power of the large, strong muscles of the hips, spine and shoulders.

We all have holding patterns that are so habitual, that they literally leave an historic imprint on the membranes of the body. These membranes store our actions, experiences, emotions and beliefs. They in turn represent our impressions of life, in a “hard copy” of flesh. This book takes the wisdom from the East, specifically from the ancient science of Ayurveda, and combines it with a version of the Western medical model, stirs in large portions of awareness, safety, and support, adds practical visual techniques, and passes this recipe along into capable hands and hearts.

In Voice Secrets: 100 Performance Strategies for the Advanced Singer, Matthew Hoch and Linda Lister create order out of the chaotic world of singing. They examine all aspects of singing, including nontechnical matters, such as auditioning, performance anxiety, score preparation, practice performance tips, business etiquette, and many other important topics for the advanced singer. Voice Secrets provides singers with a quick and efficient path to significant improvement, both technically and musically. It is the perfect resource for advanced students of singing, professional performers, music educators, and avid music lovers. The Music Secrets for the Advanced Musician series is designed for instrumentalists, singers, conductors, composers, and other instructors and professionals seeking a quick set of pointers to improve their work as performers and producers of music. Easy to use and intended for the advanced musician, contributions to Music Secrets fill a niche for those who have moved beyond what beginners and intermediate practitioners need.

Discover the key to expert skiing by learning how to use your whole body when you ski! In Skiing with the Whole Body you'll learn how to let your ankles work together with your knees to achieve easy knee flexion; find the balance point for easy turning; speed up your learning by a factor of ten; and teach yourself to ski like you've always dreamed you could. This book uses Feldenkrais Awareness Through Movement exercises to make learning downhill skiing fast, simple, and fun.

Titles in the Dictionaries for the Modern Musician series offer both the novice and the advanced artist key information designed to convey the field of study and performance for a major instrument or instrument class, as well as the workings of musicians in areas from conducting to composing. Each dictionary covers topics from instrument parts to technique, major works to key figures—a must-have for any musician's personal library! A Dictionary for the Modern Singer is an indispensable guide for students of singing, voice pedagogues, and lovers of the art of singing. In addition to classical singing, genres, and styles, musical theatre and popular and global styles are addressed. With an emphasis on contemporary and global practice, this work includes terms and figures that influenced modern singing styles. Topics include voice pedagogy, voice science, vocal health, styles, genres, performers, diction, and other relevant topics. The dictionary will help students to more fully understand the concepts articulated by their teachers. Matthew Hoch's book fills a gap in the singer's library as the only one-volume general reference geared toward today's student of singing. An extensive bibliography is invaluable for students seeking to explore a particular subject in greater depth. Illustrations and charts further illuminate particular concepts; while appendices address stage fright, tips on practicing, repertoire selection, audio technology, and...
As CAM becomes widely accepted, rehabilitation professionals are incorporating CAM concepts and techniques into their own practice. This book will help them to gain an understanding of the field, and to acquire specific knowledge and skills which they can apply to the treatment of movement related disorders.

Sweet Lady J invites us to choose Be a Boss Be a Slave Or seek Mastery!

BETTER EYESIGHT - A MONTHLY MAGAZINE DEVOTED TO THE PREVENTION AND CURE OF IMPERFECT SIGHT WITHOUT GLASSES July, 1919 - June, 1930 - 132 Issues - 2400 Pages. Central Fixation Publishing Co. New York, N. Y. USA Natural Vision Improvement. By Ophthalmologist William Horatio Bates and Emily C. Lierman/A. Bates and other doctors, teachers. Natural Eyesight improvement. Ophthalmologist William Horatio Bates discovered Natural Eyesight Improvement, 'The Bates Method'. He discovered the true function of the eyes (visual system) and applied natural methods, relaxation to return the eyes, eye muscles to normal function-healthy eyes, clear vision. He cured; unclear close and distant vision, astigmatism, crossed, wandering eyes, cataracts, glaucoma & other eye conditions. Natural Eyesight Improvement was practiced years before Dr. Bates discovered it. It is the normal, natural function of the eyes. Dr. Bates book, magazines, method were hidden from the public by Eye Surgeons, Optometrists, Optical businesses for over 100 years because this method works, is easy, anyone can learn, teach it, including children. It produces healthy eyes, clear vision and frees the patient from the need to purchase eyeglasses, drugs, unnecessary eye surgery. Yes, it can and has reversed cataracts, other eye conditions! Ophthalmologist William H. Bates. Author of; 'The Cure of Imperfect Sight by Treatment Without Glasses', 'Perfect Sight Without Glasses' and 'Better Eyesight Magazine' 132 Monthly Issues from his Clinic in New York City. The eye doctor that discovered Natural Eyesight Improvement, The Bates Method. He corrected the eyesight of hundreds of thousands of patients without use of eyeglasses, surgery, drugs during his life and after through his books, magazines. Review EVELYN CUSHING CAMPBELL Belter Eyesight Magazine I have acquired perfect vision without glasses, and a relaxed state of once over-strained nerves. A visit to Dr. Bates wrought this seeming miracle. VICTORIA COOLIDGE Better Eyesight HOW I HELPED OTHERS When I had become able to read without glasses, and my headaches had become less and less frequent, and less severe each time, I was so enthusiastic over my experience that I was anxious to help others. My brother was my first patient. He has now done without glasses for about a year, and has made remarkable progress in that time. CHARLOTTE ROBERTSON Better Eyesight How My Eyestrain was Relieved I have had such wonderful relief by following Dr. Bates' method of treating imperfect sight and eye-strain. I have practiced reading pages from Dr. Bates' book which I have always found encouraging. W. Wallace Fritz, M. D., Journal of the Allied Medical Associations The removal of strain causes a return to normal vision. Marshall, Olive. "Has nature played trick on us?" Syracuse Herald Spectacles may be banished by the revolutionary discovery of Dr. Bates. He claims that all errors of refraction-nearsight, farsight, astigmatism and even old-age sight are due to a mental strain resulting in imperfect functioning of the muscles on the outside of the eyeball. The cure for all these conditions, Dr. Bates finds in relaxation.

Developing inner wisdom as a leadership strength Leading with Spirit, Presence, and Authenticity presents the perspectives of leaders, social scientists, and educators from around the world on the topic of developing inner wisdom. Structured around the notions of spirit, presence, and authenticity, the book encourages readers to reflect on their own lives as they read about their colleagues’ diverse experiences, all in an effort to address difficult global systems challenges with a foundation of various wisdom lineages and practices. Each chapter is introduced by an editor with deep background experience in the topic at hand, and the book includes an examination of research on the essential nature of authenticity among leaders. Stories of leadership initiative from across nations illustrate the truly global nature of leadership inspiration, and accounts of teaching mindfulness, guiding leaders, and leading in the arts and humanities integrate critical theory with authentic leadership development. Topics include: Subtle interdependencies involved in modern leadership The contribution of sociological mindfulness to leadership education Authentic leadership as communicated through technology The role of spirit, and what the world needs from leaders A diverse mix of contributors, including a Sufi teacher, a social science journal editor, and a CEO, provide a truly inclusive examination of the ways a leader is defined by self and others. Leading with Spirit, Presence, and Authenticity, a volume in the International Leadership Series Building Leadership Bridges from the International Leadership Association, helps connect ways of researching, imagining, and experiencing leadership across cultures, over time, and around the world.

This best-selling text teaches massage therapy students and practitioners the essentials of body mechanics they need to know in order to care for themselves while practicing massage therapy. The text is written in a practical, playful, and friendly manner and integrates kinesthetic, cognitive, and environmental elements. Each chapter starts with a brief narrative explanation of a movement, followed by hands-on exercises, self-observation exercises, self-care and injury prevention tips, and client education tips. Appendices discuss successful body mechanics for spa therapy, transferring clients, and floor work, and present troubleshooting and preventive strategies for common repetitive stress injuries.

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