



Authentic Movement: Essays by Mary Starks Whitehouse, Janet Adler and Joan Chodorow

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`Patrizia Pallaro's second volume of essays on Authentic Movement, eight years after her first, is a tour de force. It is indeed "an extraordinary array of papers", as Pallaro puts it, and an immensely rich, moving and highly readable sweep through the landscapes of Authentic Movement, "this form of creative expression, meditative discipline and/or psychotherapeutic endeavour... You don't need to practise Authentic Movement to get a lot out of this book, but it certainly helps! I defy anyone to read the first two sections and not be curious to have their own experience.'

- Sesame Institute

`Authentic Movement can be seen as a means by which analysts can become more sensitive to unconscious, especially pre-verbal aspects of themselves and their patients.'

-Body Psychotherapy Journal Newsletter, No. 30

`This book is a collection of articles, some of which are interviews, brought together for the first time. It is very valuable to have them all together in one place...It is a wonderful collection of articles on topics you have always wanted to read, such as the role of transference in dance therapy or Jung and dance therapy. The book also includes scripts for exercises.'

- Somatics

Authentic Movement, an exploration of the unconscious through movement, was largely defined by the work of Mary Starks Whitehouse, Janet Adler and Joan Chodorow. The basic concepts of Authentic Movement are expressed for the first time in one volume through interviews and conversations with these important figures, and their key papers. They emphasize the importance of movement as a means of communication, particularly unconscious or 'authentic' movement, emerging when the individual has a deep, self-sensing awareness - an attitude of 'inner listening'. Such movement can trigger powerful images, feelings and kinesthetic sensations arising from the depths of our stored childhood memories or connecting our inner selves to the transcendent.

In exploring Authentic Movement these questions are asked:

- How does authentic movement differ from other forms of dance and movement therapy?

- How may 'authentic' movement be experienced?

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Kimberly Wheatley:

A lot of people always spent their free time to vacation or go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity that's look different you can read a book. It is really fun to suit your needs. If you enjoy the book that you read you can spent all day long to reading a book. The book Authentic Movement: Essays by Mary Starks Whitehouse, Janet Adler and Joan Chodorow it doesn't matter what good to read. There are a lot of people that recommended this book. They were enjoying reading this book. In the event you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore quickly to read this book out of your smart phone. The price is not very costly but this book offers high quality.

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