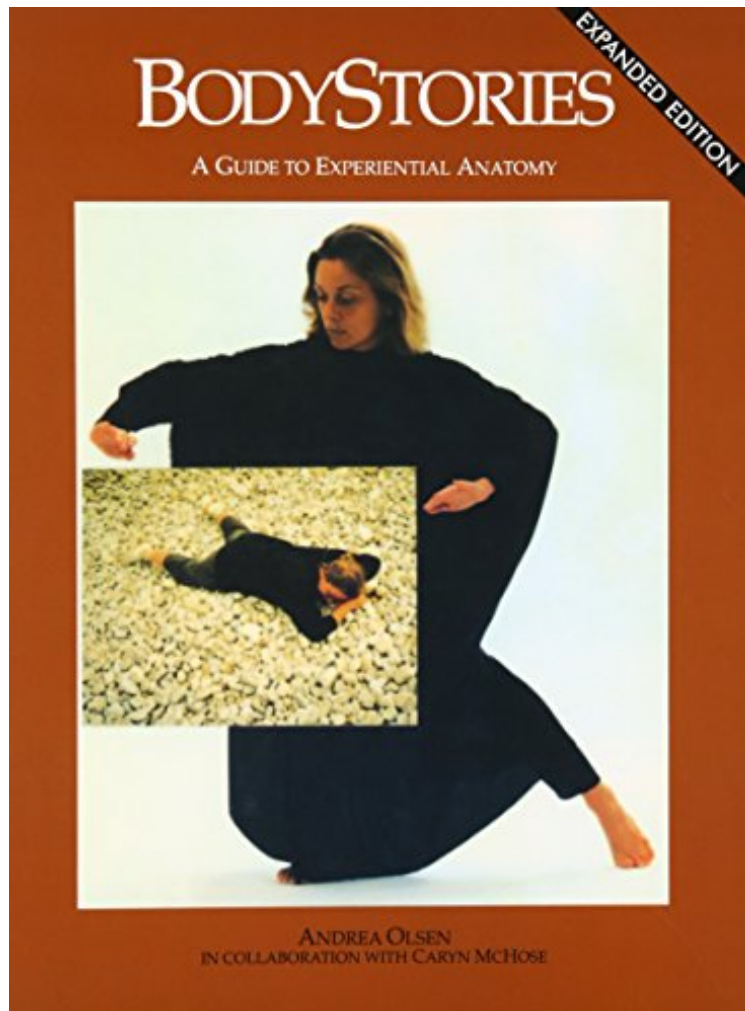


Bodystories: A Guide to Experiential Anatomy

Andrea Olsen

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Andrea Olsen : Bodystories: A Guide to Experiential Anatomy before purchasing it in order to gage whether or not it would be worth my time, and all praised Bodystories: A Guide to Experiential Anatomy:

7 of 7 people found the following review helpful. Truly enjoyableBy E SoonBought this book to explore further after several somatic n similar classes in feldenkraiss, wave works continuum , Nia and body mind centering. I travel with this book n use it to learn about myself and also experience wellbeing from it - its nice to b 'working' on many of the short experiential 'exercises' in the book and later finding that i m more in touch with my body - - sure beats pacing around or staring at the tv when in some hotel room and missing home when working overseas.1 of 1 people found the following review helpful. Good book, easy to read.By Melissa ThompsonEasy to read and understand. Explained anatomy in a whole different way, less clinical. Learned a lot from the "to do" sections.0 of 0 people found the

following review helpful. Fascinating !By QloveThis is a fascinating study ! Thank You !

BodyStories is a book that engages the general reader as well as the serious student of anatomy. Thirty-one days of learning sessions heighten awareness about each bone and body system and provide self-guided studies. The book draws on Ms. Olsens thirty years as a dancer and teacher of anatomy to show how our attitudes and approaches to our body affect us day to day. Amusing and insightful personal stories enliven the text and provide ways of working with the body for efficiency and for healing. BodyStories is used as a primary text in college dance departments, massage schools, and yoga training programs internationally.

"This is the perfect gift for anyone who wishes to be enticed into understanding more about themselves within the context of their body, and anyone who wishes to understand anatomy in more depth through their own inner journeying."-- Bonnie Bainbridge Cohen, Co-Director and Founder of The School for Body-Mind Centering "This is the perfect gift for anyone who wishes to be enticed into understanding more about themselves within the context of their body, and anyone who wishes to understand anatomy in more depth through their own inner journeying." (Bonnie Bainbridge Cohen, Co-Director and Founder of The School for Body-Mind Centering)BodyStories presents a much needed approach to human anatomy. . . This is a book to be done, not merely read; as you engage in Olsens programmed sequence of lessons, you become the text and illustrations. (Deane Juhan, author of Jobs Body: A Handbook for Bodywork)From the Publisher8 1/2 x 11 trim. 110 illus.