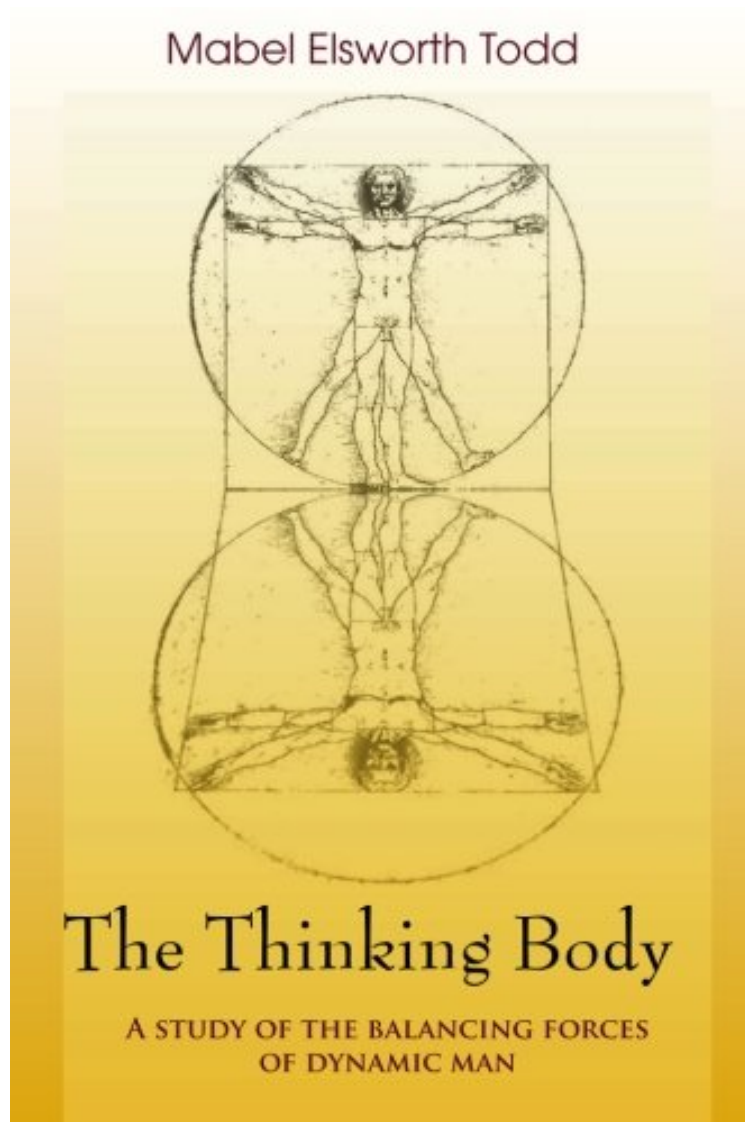


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## The Thinking Body

*Mabel Elsworth Todd*

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**Mabel Elsworth Todd : The Thinking Body** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Thinking Body:

13 of 13 people found the following review helpful. Marilyn Monroe By CHRIS BECKI 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. 7 of 7 people found the following review helpful. Best Anatomy Book for a Thinking Person By Ruby Smith 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. 1 of 1 people found the following review helpful. Excellent study of the balancing forces of dynamic man By Virginia L. Cipolla Excellent book on movement and the structure and function of the body. I took a summer intensive with the dance company Jump Rhythm Jazz Project and we were given portions of this book to read. There is truly nothing new under the sun. Portions of this text were originally part of a class syllabus for the author to her students back in 1929. There is much to learn here about how to truly get your body in a relaxed state while living and striding in the 21st Century.

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!

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