



Somatics: Reawakening the Mind's Control of Movement, Flexibility, and Health

By Thomas Hanna

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Somatics: Reawakening the Mind's Control of Movement, Flexibility, and Health, Thomas Hanna, In the revolutionary Somatics, Thomas Hanna demonstrates that so many problems we accept as inevitable over time-chronic stiffness, bad back, chronic pain, fatigue, and even high blood pressure -need never occur if we maintain conscious control of nerve and muscle, a state which Hanna calls sensory-motor awareness. This gentle, lifelong program can help almost anyone maintain the pleasures of a supple, healthy body indefinitely, with only a five-minute routine once a day.



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