

Suggested Reading List
Feldenkrais® Professional Training Program

Books by Moshe Feldenkrais

Awareness Through Movement

New York: Harper & Row, 1972

This is a popular theory book as well as a self-help guide to the Awareness Through Movement lessons. It is the most widely read standard book on the work of Moshe Feldenkrais.

Body and Mature Behavior: A Study of Anxiety, Sex, Gravitation and Learning

New York: International University Press, 1950; Tel-Aviv: Elf Ltd., 1966, 1980
(hardcover edition)

The first book Moshe wrote in the area of somatic work, this marks his transition from Nuclear Physics. It is a clear, systematic treatment of the early physiological foundations of the Feldenkrais method. Moshe describes in neuro-psychological terms how patterns of movement and posture are acquired and then relates motor habits to sexual and social life. He then points to the road to improvement through the enhancement of the kinesthetic sense - a classic.

The Case of Nora: Body Awareness as Healing Therapy

New York and London: Harper & Row, 1977

This case study presents Dr. Feldenkrais' most extensive account of Functional Integration and takes us on a safari through "the jungle of the brain" as Nora is taught to see, read, walk and orient herself in the world after having suffered a devastating stroke.

The Elusive Obvious

Cupertino, Calif.: Meta Publications, 1981

A warm and conversational book by Moshe exploring the history of his thinking and the story of his life.

The Master Moves

Cupertino, Calif.: Meta Publications, 1984

This book has been edited by Carl Ginsberg and is the closest approximation in print of a live workshop by Moshe. It contains twelve lessons done in Moshe's inimitable style.

The Potent Self

San Francisco: Harper & Row, 1985

This book was edited and published from several decades of notes Moshe left behind when he passed away. This is probably the most readable of his works.

(These books are available from The Feldenkrais Guild of North America 1800-775-2118
www.feldenkrais.com)