# The Body Has Its Reasons: Self-Awareness Through Conscious Movement

By Therese Bertherat, Carol Bernstein

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, The Body Has Its Reasons: Self-Awareness Through Conscious Movement, Therese Bertherat, Carol Bernstein, In this revolutionary and highly readable book, Therese Bertherat and Carol Bernstein shatter myths about traditional exercise and health. They introduce movement that is based on a profound selfawareness, freeing us from our limiting attitudes about ourselves and our bodies. Strangers to our own bodies, many of us spend our adult lives suffering from tensions and chronic aches and pains--problems that have no apparent genesis or solution. In repeating habitual patterns of movement, we ignore the range of possibilities available to us, so that the body suppresses and eventually forgets its natural grace and integration. Employing traditional exercises to alleviate the symptoms of a round stomach, a bad back, and muscles that ache after sports, we often force the body to act against itself and perpetuate our discomfort. A physical therapist and teacher of movement in Europe, Bertherat takes the reader through a series of precise, gentle, organic movements. These "anti-exercises" develop the body's range and freedom of movement, releasing constraints and reawakening dormant muscles. By using the appropriate energy for each gesture, they bring relief...

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