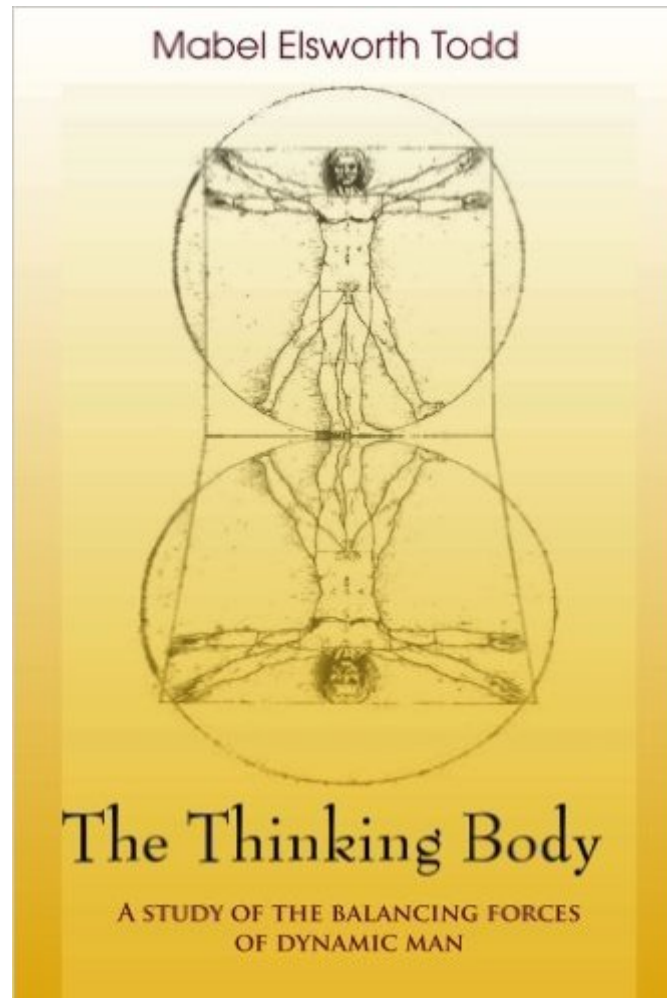


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# The Thinking Body



## Synopsis

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!

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (39 customer reviews)

Best Sellers Rank: #296,622 in Books (See Top 100 in Books) #29 in [Books > Arts &](#)

[Photography > Performing Arts > Dance > Reference](#) #26868 in [Books > Humor & Entertainment](#)

## Customer Reviews

Mabel Todd's *The Thinking Body* is a must read for every serious Yoga student. It's the source book for what's called ideokinesis, a wonderful system of body-mind education based on the use of creative imagery. Much of what I learned in Yoga classes in my early years as a student I found echoed in Todd's book, which was written in the 1930s. It's not always easy to find a copy, and if you can get one for under \$20, snap it up.

In a very simple and interesting way, it allows to see the human body like an integral part of us. How postures, physical development, connects with our personalities, needs, strengths and challenges. Just brilliant.

I 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.

This is an insightful, probably essential, book for those who aspire to excellence in the use of one's own body initially and subsequently others. I borrowed the book from my daughter, then bought one

for myself which I lost and replaced. Read the testimonials - the experts are not exaggerating.

This is a great book for those seeking to better understand their body mechanics! I have taken years of yoga classes and love the power of visualizing poses. With this book, I have learned so much about how my body works and how linked it is to our mental capacity or awareness. Truly, it is a holistic view of anatomy and physiology that includes emotions, intuition, psychology, culture, and spirituality. Mabel Elsworth Todd's ideas and practices served as the foundation for the field known as Ideokinesis - essentially, body-mind integration. Two of her better-known students, Dr. Lulu Sweigard and Barbara Clark refined it to a scientifically tenable system accessible for broader audiences, including children. These two women both published manuals and books in their lifetimes, but it seems that only Sweigard's *Human Movement Potential: Its Ideokinetic Facilitation* is still in print.

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.

Wow. Marilyn Monroe must've been a very secretly smart woman! I discovered this book after watching the HBO doc *Love Marilyn* and all I have to say is wow. This book is written almost Shakespearian like either that or I seriously need to upgrade my vocabulary. It's almost like a personalized textbook for your body and mind. The *Thinking Body* teaches you everything from how to walk and talk to etiquette! A pure classic no doubt about it the *Thinking Body* basically teaches you how to raise yourself and teach yourself how to act. Civil.

Invaluable insight into the precise workings of the skeletal-muscular structure of the human body and the influence of the mind on its function. Written in extremely accessible language (to the lay reader), and complete with the original drawings that beautifully illustrate the text in painstaking detail. Extremely easy reading, yet chock full of the most erudite knowledge on the subject. A virtual mechanics manual for the human muscular skeletal frame and the forces that drive it to bring it into balance.

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(Carson-Dellosa)) Thinker's Guide to Analytic Thinking: How to Take Thinking Apart and What to Look for When You Do Curriculum and Aims, Fifth Edition (Thinking about Education) (Thinking About Education Series) Computational Design Thinking: Computation Design Thinking Thinking about Hinduism (Thinking about Religion) Strategies, Techniques, & Approaches to Critical Thinking: A Clinical Reasoning Workbook for Nurses, 5e (Strategies, Techniques, & Approaches to Thinking) Design Thinking Workshop: The 12 Indispensable Elements for a Design Thinking Workshop The Thinking Body The Thinking Body: A Study of the Balancing Forces of Dynamic Man The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma A Body's Anatomy: Human Body Coloring Book My Body, My Self for Boys: Revised Edition (What's Happening to My Body?) The Ultimate Guys' Body Book: Not-So-Stupid Questions About Your Body The Ultimate Girls' Body Book: Not-So-Silly Questions About Your Body Best Body Cookbook & Menu Plan: You're 52 days away from Your Best Body My Body, My Self for Girls, Revised 2nd Edition (What's Happening to My Body?) Adventures Beyond the Body: How to Experience Out-of-Body Travel The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World

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