

Suggested Reading List
Feldenkrais Professional Training Program
Compiled by Frank J. Wildman, Ph.D.

Most of these books should be available through bookstores or the web, for a few of them you might have to try the library.

Classic Books on Somatic Education

Most of the books on this list are obtainable either by writing to the publisher or through local bookstores. I chose these particular titles either because they had an influence on Moshe, or were important to leading somatic educators, or the author was someone of particular renown. I only selected books that rated high in readability and interest.

Groddeck, Georg, M.D. *The Book of the It*

New York: International University Press, Inc., 1976 (Originally published 1923)

Groddeck is the true originator of western psychology. It is from his concept of the "It" that Freud developed his concept of the Id. This book is a long series of letters to a 14-year-old girl explaining to her what life is about and why she may be having the unusual feelings she has been recently experiencing. One of the most profound and readable books on the body/mind that has ever been written. (*Difficult to obtain.*)

Groddeck, Georg, M.D. *The Meaning of Illness*

New York: International Universities Press, Inc., 1976

Johnson, Don Hanlon. *Body: Recovering Our Sensual Wisdom*

Berkeley: North Atlantic Books, 1992.

Keleman, Stanley. *Your Body Speaks its Mind*

New York: Simon and Schuster, 1975.

This is one of the best known and most readable books by the current pioneer of bioenergetics. I have known Stanley Keleman for many years and consider him to be one of the greatest theoreticians and clinicians of our time. He helped form the original group that brought Moshe to America to begin trainings.

Keleman, Stanley, *Emotional Anatomy*

Berkeley: Center Press, 1985.

Excellent source book on the phenomenological relationship of soma and psyche.

Todd, Mabel Elsworth. *The Thinking Body. A Study in the Balancing Forces of Dynamic Man*

New York: Dance Horizons, Inc., 1997 (Originally published 1937)

This was the most influential book in my life at the time it was republished. Dr. Elsworth was arrested in New York in the 1930s because she believed you had to handle peoples' bodies to make changes in their basic body image. The book has been reprinted many times. It propelled me into teaching anatomy and kinesiology in radically new ways.

Evolutionary Biology and Cognition

Bateson, Gregory. *Mind and Nature*

New York: Dutton, 1979.

Organization in nature as seen from a systems viewpoint. Bateson was one of the leading thinkers of our time. His ideas intersect in some way with those of virtually every author in this bibliography.

Bateson, Gregory. *Steps to an Ecology of Mind*

New York: Ballantine Books, 1985.

Bickerton, Derek. *Language and Species*

Chicago and London: University of Chicago Press, 1990.

Blechsmidt, Erich. *The Beginning of Human Life*

New York: Springer Verlag, 1977.

Buss, David M. *The Evolution of Desire: Strategies of Human Mating*

New York: Basic Books, 1994.

Calvin, William H. *The Cerebral Symphony: Seashore Reflections on the Structure of Consciousness*

New York: Bantam Books, 1989.

Dr. Calvin pieces together hypotheses about consciousness, sharing ideas of today's greatest scientists and philosophers on the legacy of Darwin. Calvin's own hypothesis is that the cells of our brain operate from minute to minute much like a speeded-up version of biological evolution; an interesting work on Neural Darwinism.

_____. *The Ascent of Mind: Ice Age Climates and the Evolution of Intelligence*

New York: Bantam Books, 1991.

_____. *The River that Flows Uphill: A Journey from the Big Bang to the Big Brain.*
New York: Bantam Books, 1988.

_____. *The Throwing Madonna: Essays on the Brain*
New York: Bantam Books, 1991 (Originally published 1983)

Corballis, Michael C. *The Lopsided Ape: Evolution of the Generative Mind*
Oxford and New York: Oxford University Press, 1991.

Darwin, Charles. *The Expression of Emotion in Animals and Man.*
New York and Oxford: Oxford University Press, 1998.
With introduction and commentary by Paul Ekman.

_____. *On the Origin of Species*
New York: Atheneum, 1967.

_____. *The Third Chimpanzee.*
New York: Harper Collins, 1992.

Edelman, Gerald M. *Neural Darwinism*
New York: Basic Books, Inc., 1987.

This Nobel Prize winner presents a biological theory of perception. Edelman moves across and beyond narrow boundaries of various sub-disciplines of biology - from molecular genetics through developmental and evolutionary biology to physiological psychology and the newly emerging field of cognitive science. Well written, but technical. Edelman is the man who developed the concept.

Gardner, Howard. *Intelligence Reframed: Multiple Intelligences for the 21st Century*
New York: Basic Books, 1999.

Goodall, Jane. *The Chimpanzees of Gombe: Patterns of Behavior*
Cambridge, Mass.: Belknap Press of Harvard University Press, 1986.

_____. *Through a Window: My Thirty Years with the Chimpanzees*
Boston: Houghton-Mifflin, 1991.

Gould, Stephen Jay. *Wonderful Life: The Burgess Shale and the Nature of History*

W.W. Norton & Company, 1989.

Gould was professor of biology, geology and history of science at Harvard. The Burgess Shale is a limestone quarry formed 530 million years ago in the

Canadian Rockies that preserves the remains of an ancient sea that nurtured more varieties of life than can be found in all of our modern oceans. Although the book may sound like a technical work on evolution, Gould makes this exciting reading and relates it to contemporary thinking about nature.

_____. *The Panda's Thumb* (1980); *Hen's Teeth and Horse's Toes* (1983); *The Flamingo's Smile* (1985); *An Urchin in the Storm*; *Bully for Broncos* (1990); *Eight Little Piggies* (1993);
New York: W.W. Norton & Co.

Jantsch, Erich. *The Self-Organizing Universe*
Pergamon Press, 1980.

Views the evolution of the universe, ranging from cosmic and biological to socio-cultural evolution, in terms of the unifying paradigm of self-organization. Provides recently developed concepts and scientific foundations to a new world-view, emphasizing process over structure, non-equilibrium over equilibrium, evolution over permanency and individual creativity over collective scientific stabilization. Presents a comprehensive framework for deeper understanding of human creativity in a time of transition.

Johnson, Mark. *The Body in the Mind: The Bodily Basis of Meaning, Imagination, and Reason*

Chicago: University of Chicago Press, 1987.

Johnson, a professor of philosophy, explores the ways that meaning, understanding, and rationality arise from and are conditioned by the patterns of our bodily experience. He discusses some central issues in Western philosophy and gives radically new account of meaning, rationality, and objectivity.

Laszlo, Ervin. *Evolution: The Grand Synthesis*
New Science Library, 1987.

Laszlo examines patterns of change and transformation in the cosmos in the biological species, and in modern society in order to create a "grand evolutionary synthesis." He offers a large-scale map showing where we are in nature's scheme and that we can identify processes that decide the future of our societies, and thus of ourselves.

Lorenz, Konrad. *Behind the Mirror: A Search for a Natural History of Human Knowledge*

A very readable and insightful exposition on the biology of cognition and cognitive processes from the amoebae to man.

Margulis, Lynn and Sagan, Dorion. *Microcosmos*
New York: Simon and Schuster, 1986.

_____. *Mystery Dance: On the Evolution of Human Sexuality*
New York: Simon and Schuster, 1991.

McMenamin, Mark A. S. and Schulte-McMenamin, Dianna L. *The Emergence of Animals*

New York: Columbia University Press, 1990.

The authors take a close look at a major turning point in earth's history: the boundary between the Cambrian and the Precambrian Period, describing the unique and fascinating fossil evidence of groups that appeared before and during the Cambrian. The explosion of life at the beginning of the Cambrian Period has always been shrouded in mystery. Darwin recognized that it posed a threat to his views of gradual change through natural selection and even today creationists cite the Precambrian-Cambrian boundary as a flaw of the theory of evolution. If Stephen J. Gould's *Wonderful Life* interests you in this area, you will find this good supplemental reading.

Morris, Desmond. *Intimate Behavior*

London: Vintage, 1994.

Poizner, Howard, Klima, Edward S. & Bellugi, Ursula. *What the Hands Reveal About the Brain*

Cambridge, Mass and London: MIT Press, 1987.

Sheets-Johnstone, Maxine. *The Roots of Thinking*

Philadelphia: Temple University Press, 1990.

Sternberg, Robert J. *The Triarchic Mind: A New Theory of Human Intelligence*

Penguin Books, 1988.

In the past assessments of intelligence have been associated with academic performance. The author demonstrates several different realms of intelligence, including insight and common sense.

Watzlawick, Paul. *The Invented Reality*

New York: Norton, 1984.

Includes such thinkers as Heinz von Foerster, Ernst von Glasenfeld and Francisco Varela.

Wright, Robert, *The moral Animal: Why We Are the Way We Are: The New Science of Evolutionary Psychology*

New York: Pantheon Books, 1994.

Movement Sciences and Systems

Badler, Horace Freeland. *The Search for Solutions*
New York: Holt, Rinehart & Winston, 1980.

The following three books are by A. R. Luria, the giant of Russian neuropsychology. All of his works offer a sharp contrast to Western styles of presenting scientific research. He has always been a truly holistic thinker. Remember that Moshe also has Russian roots.

Luria, A. R. *The Working Brain: Introduction to Neuropsychology*
Penguin Books, 1977.

_____. *Cognitive Development: its Cultural and Social Foundations*
Cambridge, Mass.: Harvard University Press, 1976.

_____. *Language and Cognition*
John Wiley and Sons, 1982.

Here Luria shows how a wide-ranging thinker with a truly integrated approach presents language. It lends a new meaning to "holism."

Reed, Edward S. "An Outline of a Theory of Action Systems"
Journal of Motor Behavior, Vol. 14, No. 2, 1981:98-134.

_____. "Applying the Theory of Action Systems to the Study of Motor Skills."

In: Meijer and Roth, eds., *Complex Movement Behavior: the Motor-Action Controversy*.

Elsevier Science Publishers, B.V. North-Holland, 1988: 44-86.

Rosenfield, Israel. *The Strange, Familiar and Forgotten*
New York: Knopf, 1992.

Sacks, Oliver. *The Man Who Mistook His Wife for a Hat*
New York: Summit Books, 1985.

A phenomenology of neurological disorders, full of new insights.

_____. *A Leg to Stand On*
London: Picarod, 1986.

A very personal essay on healing, recovery, and body image.

Thelen, Ester and Smith, Linda B. A. *Dynamic Systems Approach to the Development of Cognition and Action*

Cambridge, Mass. and London: MIT Press, 1994.

The best book so far on the subject of learning and movement. It is perhaps the closest explanation pertinent to the Feldenkrais Method thus far in print. Although reductionistic regarding the emotional tone of the learning process, and somewhat flat concerning interpersonal aspects of learning, it is absolutely the best at clarifying the relevance of systems theory.

Linguistics and Neurolinguistic Programming

Bandler, Richard and Grinder, John. *Frogs into Princes*

Moab, Utah: Real People Press, 1979.

Considered to be the best introduction to Neurolinguistic Programming.

_____. *Reframing*

Moab, Utah: Real People Press, 1982.

I have included these two books by Bandler and Grinder because Moshe spent time with them and found NLP quite useful. They in turn studied Moshe and published his last two books.

Haley, J. *Conversations with Milton Erickson, M.D.*

Triangle Press, 1985.

Vol. I Changing Individuals

Vol II Changing Couples

Vol III Changing Children and Families

These are the classic texts replete with Erickson's stories as he discusses his work in conversations with the great psychotherapist Jay Haley, as well as with Gregory Bateson, who is involved at times.

Lakoff, George and Turner, Mark. *Women, Fire and Dangerous Things*

Chicago: University of Chicago, 1987.

Incredible, well-written portrayal of alternative ways of categorizing our perceptions of the world through the study of an aboriginal tribe.

_____. *More than Cool Reason: A Field Guide to*

Poetic Metaphor

Chicago: University of Chicago, 1989.

Two professors - of English and linguistics - use metaphor to show how our minds get hold of the world, demonstrating that our processes of literary construction are rooted in metaphor. They discuss the dominant metaphors in all cultures and periods.

Minsky, Marvin. *Society of Mind*

New York: Simon and Schuster, 1986.

Rosen, Sidney. *My Voice Will Go with You*

New York: W. H. Norton Co., 1982

One of the best reviews of the work of Milton H. Erickson, the founder of modern Medical Hypnosis, and a method that has become known as Ericksonian Hypnotherapy. Feldenkrais and Erickson had such a similar texture to their work that many people feel they found two different ways of doing the same thing. They met and shared their ideas with each other toward the end of their lives.

Varela, Francisco J. *The Embodied Mind: Cognitive Science and Human Experience*.

Cambridge, Mass.: MIT Press, 1993.

Buddhism, systems theory and modern cognitive science.

Anatomy and Physiology

Juhan, Deane. *Job's Body: A Handbook for Bodywork*

Station Hill Press, 1987.

The best-written book on physiology, anatomy and motor development I've ever seen; it provides a cornucopia of information, ideas, and practical healing strategies. Juhan introduces the inner and outer workings of the human body - from skin and bone to pain, anxiety and movements toward disease and health. I highly recommend this book. Intensely useful for a Feldenkrais practitioner while being philosophically sweeping in scope.

Maybridge, Edward. *The Human Figure in Motion*

New York: Bonanza Books, 1989.

The classic.

Philosophy

Heidegger, Martin. *What is called Thinking?*

New York: Harper & Row, 1968.

Systematic presentation of author's philosophy and reinterpretation of his first major work, *Being and Time*, a rigorous philosophical work that deals with the subject we discuss all the time in the Feldenkrais Method. This book is accessible.

Shusterman, Richard. *Performing Live: Aesthetic Alternatives for the Ends of Art*

Ithaca and London: Cornell University Press, 2000.

Books for General Reading

Bails David and Roland, Ted. *Art & Fear: Observations on the Perils (and Rewards) of Artmaking*
Santa Barbara: Capra Press, 1993.

Csikszentmihalyi, Mihaly. *Flow*
New York: Harper & Row, 1990.
This professor of psychology from the University of Chicago has created what I consider to be the best book ever written on the psychology of optimal experience. He synthesizes systematic studies that consider how people learn to enjoy themselves and how to obtain the state of attention required to get there. Easy and interesting reading.

Ewing, William A. *The Body: Photographs of the Human Form*
London Thames and Hudson, 1994.

Gould, Stephen Jay. *The Mismeasure of Man*
New York: W. W. Norton & Co., 1982.
Presents historical study of scientific racism, tracing it through monogeny and polygeny, phrenology and hereditarian IQ theory. Illustrates inconsistencies of theories, prejudicially motivated studies, unintentional misuse of data; Gould at his best.

Langer, Ellen J. *The Power of Mindful Learning*
Addison Wesley, 1997.

Nice, Karl J. *Science and Other Ways of Knowing*.
Dubuque, Iowa: Kendall/Hunt Publishing Co., 1988
Easy-to-read explanation of the relative placement of science in the context of many possible worldviews.

Journals

Advances - Journal of the Institute for the Advancement of Health
Contains interesting articles, often by well-known authors covering such topics as psycho-immunology, and information as medicine. The most sophisticated journal published pertaining to holistic health. Advances is sent quarterly to members of the Institute or the Advancement of Health, 16 East

53rd St., New York, NY 10022. Other benefits include special mailings and discounts on publications.

The Arts in Psychotherapy

Elsevier Science Ltd. Editorial Offices: 20 Ridgecrest East, Scarsdale, NY 10583-2012.

Subscriptions: Elsevier Science, Inc., 660 White Plains Road, Tarrytown, NY 10591-5153.

Learning and Instruction

Pergamon Press, Inc., 660 White Plains Road, Tarrytown, NY 10591-5153.

Journal of Motor Behavior

The best journal of research publications pertaining to our work. Some issues are horrendously boring, some very relevant. It is technical, publishing a world-wide body of research, all translated into English.

Published quarterly by Heldref Publications, 400 Albemarle St., N.W., Washington, D.C. 20016.

Theatre Topics

The Johns Hopkins University Press, 2715 North Charles St., Baltimore, MD 21218-4319.