



# The Potent Self

A Study  
of  
Spontaneity  
and  
Compulsion

Foreword by Mark Reese

MOSHE FELDENKRAIS

*Author of Awareness through Movement*

# Resumo de The Potent Self: A Study of Spontaneity and Compulsion

Based in physics, Moshe Feldenkrais's Awareness through Movement helps practitioners extend range of movement and gain relaxation, poise, and balance. Including illustrations, this approachable book provides the underpinnings of his work, with emphasis on emotional and neuromuscular linkages.

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