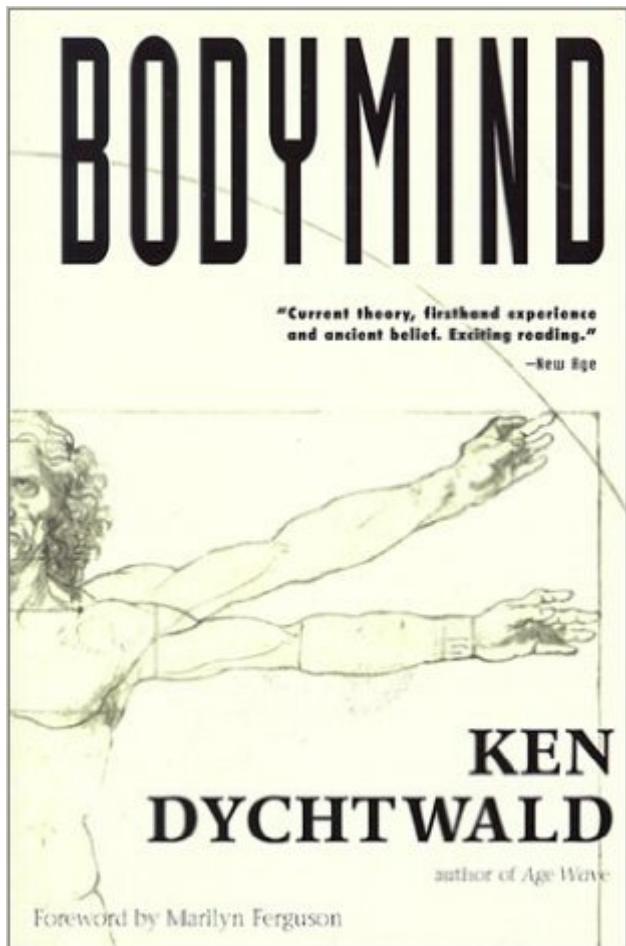


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# Bodymind



## **Synopsis**

Argues that our bodies reflect our life history, state of being, and growth potential, discusses the connection between mental and physical well-being, and explains how to follow an holistic plan for health.

## **Book Information**

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Average Customer Review: 4.6 out of 5 starsÂ  See all reviewsÂ  (35 customer reviews)

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## **Customer Reviews**

I purchased the mass-market edition of this book about 20 years ago (it is copyrighted 1977), but I never got around to reading it. I did start in on it and I always remembered the story that he starts the book with. The author (a psychologist and gerontologist) is standing naked before a group of people in some type of encounter session and after having him walk around a bit, a Dr. John Pierrakos proceeds to tell him all kinds of things about himself that Pierrakos should not have been able to know. He was able to read all kinds of things about a person just by observing the patterns of tension in their body. More recently I picked up a new copy and read the whole book. I have read a lot on the subjects of yoga, meditation, bodywork, physical fitness, psychology, etc. and this is one of the most interesting books I have come across. The main point is that our minds and bodies can't really be separated. Our bodies can store tension. This can be caused by physical, emotional, mental or spiritual factors and usually once the tension goes in it doesn't come out (and can cause all kinds of physical problems). This is something I know a lot about, as I have spent decades working to understand and release my own deep physical tension. Currently I have been practicing yoga (ashtanga yoga) and this is the best thing I have found yet. There are many other approaches.

But I find that very few people who should understand physical tension (yoga teachers, doctors, bodyworkers, even some Rolfers) really do understand the subject. And I have never found this subject to be explained clearly anywhere - except in this book. The chapters are organized around the sections of the body and are full of stories and examples from the author's experiences in working on himself and working with others.

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