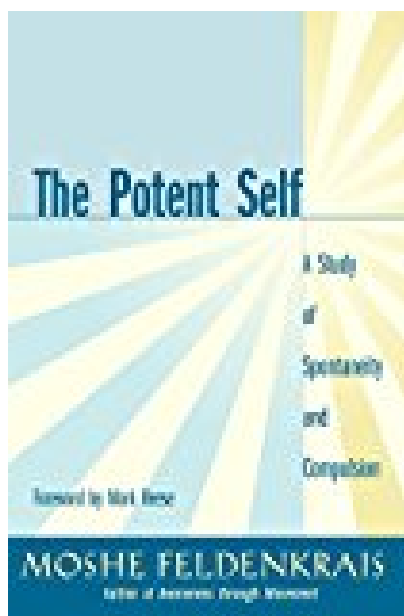


The Potent Self A Study of Spontaneity and Compulsion



BOOK DETAILS

- Author : Moshe Feldenkrais
- Pages : 288 Pages
- Publisher : Frog Books
- Language : English
- ISBN : 1583940685



BOOK SYNOPSIS

The book delves deeply into the relationship between faulty posture, pain, and the underlying emotional mechanisms that lead to compulsive and dependent human behaviour. It shares remarkable insights into resistance, motivation, habit formation, and the place of sex in full human potential. It offers the vision of how to achieve physical and mental wellness through the development of authentic maturity.

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