

Bibliography for the Feldenkrais Method®

(April 2000)

Prepared by Yvan Joly M.A. (Psy.), Certified Practitioner-Trainer
Institut Feldenkrais d'éducation somatique
107 avenue de Touraine, St-Lambert, Québec, J4S 1H3
Tél & fax : 1-450-671-0638
Email : yvanjoly@compuserve.com

Books about the Feldenkrais Method written by Moshe Feldenkrais or by practitioners of the Feldenkrais Method.

Alon, R. (1990). Mindful Spontaneity (lessons in the Feldenkrais Method.). New York: Avery.

Feldenkrais, M. (1944). Judo: The Art of Defence and Attack. London : Frederick Warne.

Feldenkrais, M. (1944). Practical Unarmed Combat. London : Frederick Warne. (reprinted by The Feldenkrais Guild)

Feldenkrais, M. (1949). Body and Mature Behavior. New-York : International University Press.

Feldenkrais M. (1952). Higher Judo. London: Frederick Warne.

Feldenkrais, M. (1972). Awareness Through Movement. New-York: HarperCollins.

Feldenkrais, M. (1977). The case of Nora. San Francisco : Harper

Feldenkrais, M. (1981). The Elusive Obvious. Cupertino, CA : Meta Publications.

Feldenkrais, M. (1984). The Master Moves. Cupertino, CA : Meta Publications.

Feldenkrais, M. (1985). The Potent Self. San Francisco : Harper

Leri, D. (1997). Mental Furniture : an Archeology of Moshe Feldenkrais' Influences. Larkspur, CA : Semiophysics.

Rywerant, Y.(1983). The Feldenkrais Method : Teaching by Handling. New-York : Harper and Row.

Rywerant, Y. (2000). Acquiring The Feldenkrais Method. Tel-Aviv: Feldenkrais Institute.

Shafarman, S. (1997). Awareness Heals : the Feldenkrais Method for Dynamic Health. Reading, Mass : Addison-Wesley

Wildman, F. (2000). Feldenkrais :The Busy Person's Guide to Easier Movement. Berkeley, CA : The Intelligent Body Press.

Zemach-Bersin, D. Reese, M. (1989). Relaxercice (based on Feldenkrais). New-York : Harper and Row.

JOURNALS

SOMATICS, magazine-journal of the bodily arts and sciences,
1516 Grant ave., suite 212, Novato, California 94945.

FELDENKRAIS JOURNAL, Feldenkrais Guild, 3611 SW Hood ave.,
suite 100, Portland OR 97201.

Journal of the International Feldenkrais Federation,
30 rue Monsieur le Prince, 75006 Paris, France

Books Referred by MOSHE FELDENKRAIS

(this list was published in his last book : The Elusive Obvious, 1981,)

- Bateson, Gregory.**(1979). Mind and Nature. New York: E.P. Dutton.
- Bernal, J.D.**(1951). The Physical Basis of Life. London: Routledge and Kegan
- Bleschmidt, Erich.** (1977) The Beginnings of Human Life. New York: Springer-Verlag.
- Clark, Le Gros.**(1959) The Antecedants of Man. Edinburgh: Edinburgh University Press.
- Darwin, Charles** (1904) The Expression of Emotions in Animals and Man. London: Murray.
- Dunlop, Knight.** (1949) Habits: Their Making and Unmaking. New York: Liveright.
- Erickson, Milton.** (1976) Hypnotic Realities. Irvington, N.Y.
- Erickson, Milton** (1979) Hypnotherapy. Irvington, N.Y.
- Fulton, John.** (1949) Functional Localization in the Frontal Lobes and Cerebellum. London: Oxford University Press.
- Hanna, Thomas.**(1980) The Body of Life. New York: Alfred A. Knopf.
- Huxley, Julian.** (1942) The Uniqueness of Man. London: Scientific Book Club.
- Keith, Arthur.**(1912) The Human Body. London: Thornton Butterworth.
- Monod, Jacques.**(1977) Chance and Necessity. New York:Random House.
- Ornstein, Robert.** (1969) On the Experience of Time. London: Penguin.
- Poincaré, Henri.** Science and Hypothesis. New York: Dover.
- Rosnay, Joel de.** Les Origines de la Vie. Paris: Editions du Seuil.
- Schilder, Paul.** (1942) Mind, Perception and Thought. New York: Columbia University Press.
- Schrodinger, Erwin.** (1958) Mind and Matter. Cambridge: Cambridge University Press.
- Speranksy, A.A.** (1943) Basis for the Theory of Medicine. New York: International Publishers.
- Thompson, D'Arcy** (1952) Growth and Form. Cambridge University Press.
- Young J.Z.**(1951)Doubt and Certainty in Science. London: Oxford University.
- Young, J.Z.** (1971) Introduction to the Study of Man. London: Oxford University
- Young, J.Z.**(1966)The Memory System of the Brain. Berkeley: University of California Press.

Bibliography, “around” the Feldenkrais Method
Books referred by Yvan Joly, M .A. (Ps.), educational director,

- Bauby, J.D. (1997). *The Diving Bell and The Butterfly*. New-York : Vintage-Random.
- Bermudez, J.L., Marcel, A., Eilan, N. (eds.) (1995). *The Body and the Self*. Cambridge, MA: MIT Press.
- Bernstein, N.A., Latash, M.L., Turvey, M.T. (1996). *Dexterity and it's Development*. Mahwah, NJ: Lawrence Erlbaum Associates.
- Berthoz, A. (2000). *The Brain's Sense of Movement (Perspectives in Cognitive Neuroscience)*. Translated by Giselle Weiss. Boston, MA: Harvard University Press.
- Biel, A. (1997). *Trail Guide to the Body*. Boulder, CO: Books of Discovery.
- Briggs, J. (1992). *Fractals: The Patterns of Chaos*. New-York: Simon and Schuster
- Calais-Germain, B. (1993). *Anatomy for Movement*. Seattle, WA: Eastland Press.
- Cytowic, R.E. (1993). *The man who tasted shapes*. New-York: Jeremy P. Tarcher and Putnam.
- Damasio, A. (1995). *Descartes' Error: Emotion, Reason and the Human Brain*. New-York: Putnam
- Damasio, A. (1999). *The Feeling of what Happens. Body and Emotion in the Making of Consciousness*. New-York: Harcourt Brace.
- Frye, B. (2000). *Body Mechanics for Manual Therapists: a functional approach to self care and prevention*. Stanwood, Washington: Fryetag.
- Gazzaniga, M.S., Ivry, R.B., Mangun, G.R. (1998). *Cognitive Neurosciences: the Biology of the Mind*. New-York: Norton.
- Haley, J. (1987). *Uncommon Therapy: the Psychiatric Techniques of Milton Erickson*. New-York: Norton.
- Hanna, T. (1988). *Somatics*. Reading, MA: Addison-Wesley.

Johnson, D. (1995) *Bone, Breath and Gesture : Practices of Embodiment..* San Francisco, California : North Atlantic

Juhan, D. (1987). *Job's Book: a Handbook for Bodywork.* Barrytown, New-York: Station Hill.

Korzybski, A. (1951). *The Role of Language in the Perceptual Processes*, in Perception, an Approach to Personality chap. 7. New-York: Ronald Press.

Maturana, H., Varela, F. (1987). *The Tree of Knowledge: the Biological Roots of Human Understanding.* Boston: New Science Library, Shambala.

Pickering, S.G. (1981). *Exercices for the Autonomic Nervous System.* Springfield, Illinois: Charles C. Thomas.

Ratey, J.J. (2001). *A User's Guide to the Brain: Perception, Attention, and the Four Theaters of the Brain.* New-York: Pantheon.

Rosenfield, I. (1992). *The Strange, Familiar and Forgotten: an Anatomy of Consciousness.* New-York: Alfred A. Knopf.

Sacks, O. (1970). *The Man who Mistook his Wife for a Hat, and other clinical Tales.* New-York: Summit Books.

Shusterman, R. (2000). *Soma, Self and Society* in: *Performing Live: Aesthetic Alternatives For The Ends of Art.* Itaca, New-York: Cornell University.

Tellington-Jones, L., Taylor, S. (1992). *The Tellington TTouch: Train and Care for your Favorite Animal.* New-York: Penguin.

Tellington-Jones, L., Burns, U. (1985). *An Introduction to the Tellington-Jones Equine Awareness Method.* New-York: Breakthrough Press.

Thelen, E., Smith, L.B. (1994). *A Dynamic systems Approach to the Development of Cognition and Action.* Cambridge, MA: MIT Press.

Varela, F., Thompson, E., Rosch, E. (1991). *The Embodied Mind: Cognitive Science and Human Experience.* Cambridge MA: MIT Press.

Sources to buy Feldenkrais and Feldenkrais related books

Feldenkrais Guild® of North America
(also Representative for International Feldenkrais Federation)
3611 SW Hood ave., suite 100, Portland OR 97201
Phone: 503-221-6612 Fax: 503-221-6616
www.feldenkrais.com

Feldenkrais Ressources
830 Bancroft Way, suite 112
Berkeley, California 94710, USA.
Phone: 800-765-1907, 510-540-7600
www.feldenkrais-resources.com

International Feldenkrais Federation
30 rue Monsieur le Prince
75006 Paris, France
tél.-fax : 33-(0)1-43-25-36-52
www.feldenkrais-method.org
www.feldenkrais-method.org/practitioner/welcome.htm