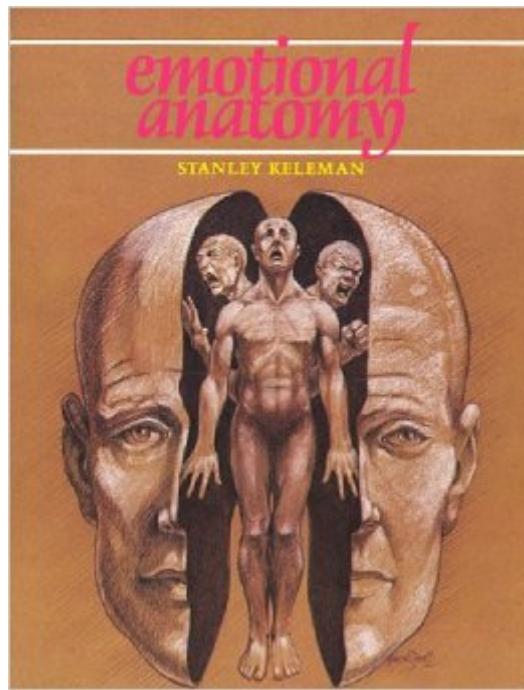


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# Emotional Anatomy



## **Synopsis**

"Keleman's approach to somatic therapy follows on naturally from the identity of attitude and form. Accordingly, our emotions and thoughts are intimately connected to our muscular gestures. Our postures and form, our mobility and motility recount our emotional and cognitive history. We therefore organise our own emotional and mental realities. And here is the nub of it; if we organise our realities, we can disorganise and reorganise our muscular emotional pattern. This then is the central feature of Keleman's work today. "

([http://www.alexander-technique-london.co.uk/alexander\\_technique\\_articles.php?article=16](http://www.alexander-technique-london.co.uk/alexander_technique_articles.php?article=16)).

## **Book Information**

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## **Customer Reviews**

I had my first copy of this about twenty years ago and loaned it out, and it never came back, so I had to get another copy. This book gives a well designed pictorial and written view of the physical aspect of emotion. When I read it the first time, I was in awe of the idea of "emotional anatomy" and the potential uses in psychotherapy. Twenty three years into the field, now I think it should become part of any curriculum turning out potential "psychotherapists." The field has changed over two decades, and as physical well being become more and more part of our practice, it is imperative to understand how unexpressed emotions wear on the physical being. A must read for any one in at any practice level.

This book's approach to the relationship between structure and emotions is primarily a theoretical

and philosophical exploration. While I appreciated its creative flair, its rewards remained pretty much intellectual. This is fine, but if you work with the body using touch, such as a massage therapist, bodyworker, somatic educator, physical therapist, etc., it leaves parts of the body mind interconnection picture unaddressed. Understanding all aspects of the interaction of body and mind is critical for hands on therapists, so if Emotional Anatomy whetted your appetite, or if you're looking for a book that takes a comprehensive look at the body mind connection and how it affects touch and hands on treatment, read *The Psychology of the Body* by Elliot Greene and Barbara Goodrich-Dunn. It's described as comprehensive because it addresses topics like how touch affects the bodymind, how bodymind factors affect the therapeutic relationship, emotional release and how to deal with it, ethics from a body based point of view, understanding mental health conditions from a bodymind point of view, and collaborating with mental health professionals.

I don't really know what to think of this book. It's not what I expected in relation to "emotional anatomy". It's not about somatics. It's a big book with big drawings and a description to these drawings. It's not for beginners. It's about the tubes, layer and pumps in the body and how these change depending on life's experiences which in this book are nearly all negative. I think this book is an acquired taste and with time I will understand it.

A great book as a reference for my work around body and mind. The illustrations in the book help me a lot in understanding how our body affects our mind and emotions, and hence affects our choices and actions in life.

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