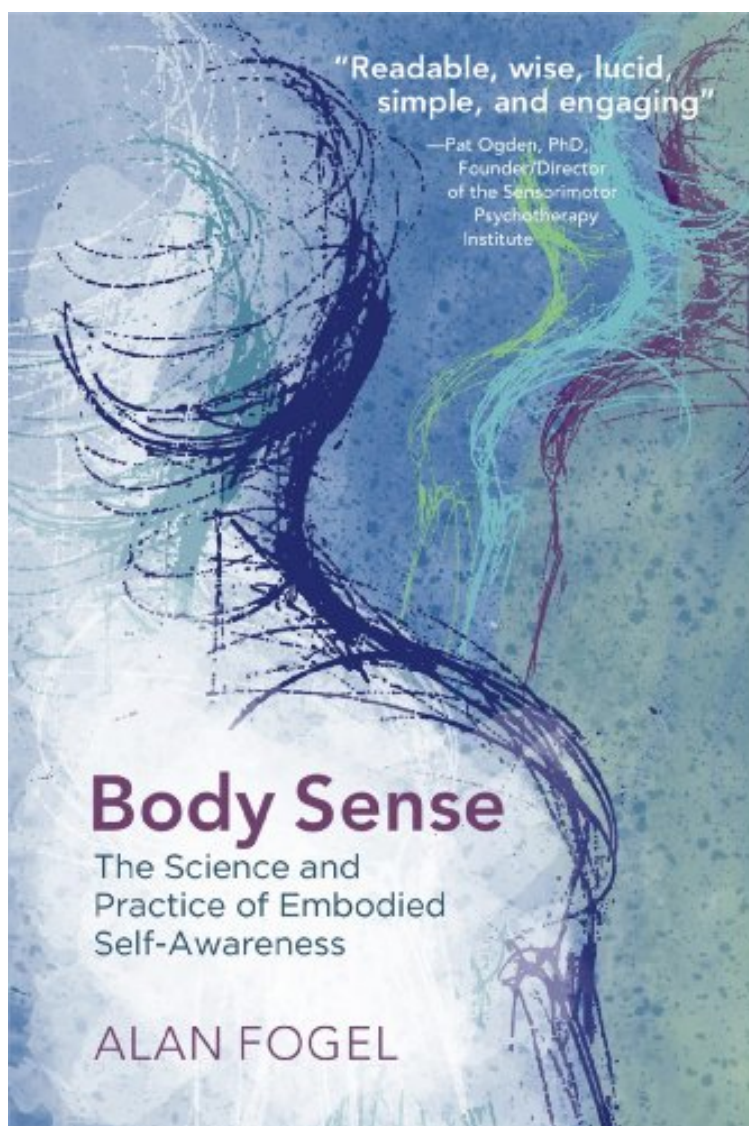


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# Body Sense: The Science and Practice of Embodied Self-Awareness (Norton Series on Interpersonal Neurobiology)



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## Description :

Prsentation de l'diteurThe science and practice of feeling our movements, sensations, and emotions.When we are first born, before we can speak or use language to express ourselves, we use our physical sensations, our body sense, to guide us toward what makes us feel safe and fulfilled and away from what makes us feel bad.

As we develop into adults, it becomes easy to lose touch with these crucial mind-body communication channels, but they are essential to our ability to navigate social interactions and deal with psychological

stress, physical injury, and trauma. Combining a ground-up explanation of the anatomical and neurological sources of embodied self-awareness with practical exercises in touch and movement, Body Sense provides therapists and their clients with the tools to attain mind-body equilibrium and cultivate healthy body sense throughout their lives.

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**Biographie de l'auteur** Alan Fogel is a Professor of Psychology at the University of Utah in Salt Lake City. He is the recipient of numerous teaching and research awards, a fellow of the American Psychological Association, and has been a Fulbright fellow. He has been an active contributor to research on social and emotional development for the past 33 years. Read his "Body Sense" blog at [Psychology Today](#).