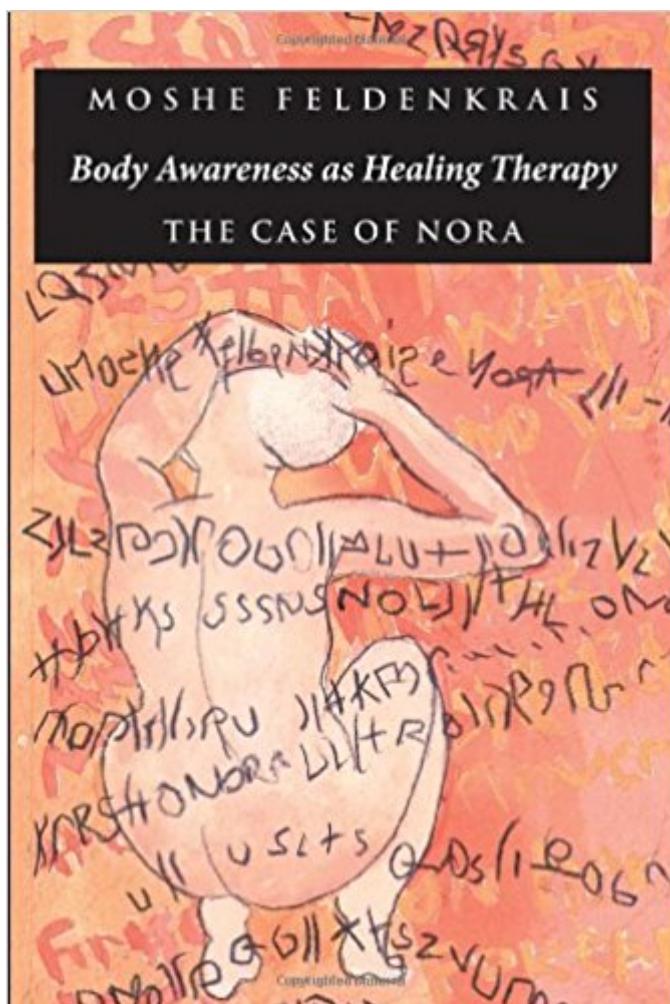


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# Body Awareness As Healing Therapy: The Case Of Nora



## **Synopsis**

Body Awareness as Healing Therapy: The Case of Nora is Moshe Feldenkrais' classic study of his work with Nora, a woman who has suffered a severe stroke and lost her neuromuscular coordination, including the ability to read and write. Feldenkrais uses rational and intuitive approaches to help his student relearn basic motor skills. One can observe here the groundwork of Feldenkrais' extraordinary insights which became known as the Feldenkrais Method. We follow his detailed descriptions of the trial and error process which led him to see the ingredients that were needed to help Nora reshape her attention, perception, imagination and cognition.

## **Book Information**

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## **Customer Reviews**

"...a rare gem. This book has inspired my students and me for over a decade with its intimate revelations detailing how Feldenkrais went about solving the problems of his case. It is of interest to medical practitioners who work directly with the body, as well as educators and psychotherapists."-Don Hanlon Johnson, author of *Body, Spirit and Democracy*"...an important literary and scientific achievement that reveals Feldenkrais' bold and original insights about learning and the brain. Nora's story is an inspiring account of the nervous system's ability to heal from trauma and the remarkable human capacity to learn."-Mark Reese, co-author of *Relaxercise*

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coordination, including the ability to read and write. Feldenkrais uses rational and intuitive approaches to help his student relearn basic motor skills. One can observe here the groundwork of Feldenkrais' extraordinary insights which became known as the Feldenkrais Method. We follow his detailed descriptions of the trial and error process which led him to see the ingredients that were needed to help Nora reshape her attention, perception, imagination and cognition.

**Body Awareness as Healing Therapy: The Case of Nora by Moishe Feldenkrais**

A fan of everything Feldenkrais, This genius of a man discovered "Neural Plasticity" decades before it became the 'buzz' word of today - the exciting new way of rewiring, changing, growing ones brain, until one passes on! As ingenious as Michael Mezernicht, (the inventor of the first cochlea implant) insightful as Norman Doidge (in his hugely enlightening books on our brain's neural plasticity) Dr Feldenkrais has evolved a system of rehabilitation that works from new-born to geriatric. He taught a large number of disciples and there are centers in his name all over the world. His method must be sound, true and trustworthy, as his methods have not changed very much since he died in 1984. The most brilliant talent was 1. his belief in the people, who were crippled by many medical diseases (strokes, Cerebral Palsy, accidents, etcetera) whose readiness and ability to heal, was inspired, as was Nora, and 2. his belief that if one proceeded along the route ordained to us - the natural hierarchy of child development rewiring was instinctual and familiar. His descriptions accompanied by surprise and wonder are a breath of fresh air.

Over a period of many months of hands-on treatment in Israel, Doctor of Physics Moshe Pinhas Feldenkrais taught a Swiss woman in her 60s whom he calls Nora to read and write. Over 55 years previously, Nora's parents and teachers had lifted her into the world of books and writing. But three years before coming to Feldenkrais, Nora had had a mild stroke. Her body was left tense, her educated speech was slightly slurred and she could no longer read and write. Nora made two trips to Israel to take treatment from Feldenkrais. In **BODY AWARENESS AS HEALING THERAPY - THE CASE OF NORA**, Feldenkrais documents step by steps his hunches, false starts, lucky guesses and insights from others that he applied to teach his often depressed pupil to read and write once more. He learned that in most important ways Nora's eyesight functioned well, though one eye was notably stronger than the other. He reasoned that he would have to go back to the stage in Nora's life when as a young girl she had first mastered the lost skills. This proved a long, long psychic and therapeutic journey. But it worked. Feldenkrais reasoned that we come to reading only after mastering talking and learning to talk ourselves via the talk of others. He taught Nora to hold a straw

(later a pencil, later a pen) in her mouth to focus her eyes on the printed page. To some extent that worked, but her focus initially was not on the top line upper left. And even as she improved, she did not remember to turn the pages she had completed. Later he decided to make Nora's learning even child-friendly and relaxed: he substituted picture books with light text for 100% texts. He and she working together re-integrated the shattered "functionality" of her stroke-shattered unity of will power, muscles, fingers, thumbs, eyes and general body awareness. Moshe Feldenkrais shares with us his thinking processes, a latter-day Sherlock Holmes of health. Before we young humans see, we hear. Before we control our index fingers we suck mother's milk. Neither we nor Moshe Feldenkrais can reverse the natural order of learning. For infants hearing begins in the womb, seeing comes two weeks after birth. At one point Moshe told a student observing Nora in her re-learning journey: "Do we not read with our mouths?" (Ch. 5). If this book had an index, I think I would rate it FIVE STARS \*\*\*\*\*. Why doesn't the next editor render this defect in THE CASE OF NORA?-OOO-

This book inspires one to look beyond the curse of a diagnosis, so often cast by arrogant neurologists who really know very little beyond book memorization. It should be required reading for ALL medical students, in particular those endeavoring towards a neuro residency.

A brilliant inspiring case study. Probably Moshe's most readable accessible book, so start with this one then go to ATM.

Brilliant. If you have an elder suffering from stroke, this could help you help them!

Great insightful read. This is a thin book. This book helps explain Feldenkrais' thought process and gives deeper understanding of why his method works.

More than just a book. One should find a teacher and experience

Everyone should try Feldenkrais.

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