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In Acupressure's Potent Points, Michael Reed Gach, founder and director of the Acupressure Institute of America, reveals simple techniques that enable you to relieve headaches, arthritis, colds and flu, insomnia, backaches, hiccups, leg pain, hot flashes, depression, and more--using the power and sensitivity of your own hands.

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The Potent Self is the most psychological of all Feldenkrais's™ writings. He delves deeply into the relationship between faulty posture, pain, and the underlying emotional mechanisms that lead to compulsive and dependent human behavior.

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Quotes from The Potent Self: ... â€œBut willpower is necessary only where _ability_ to do is lacking. Learning ... is not the training of willpower but the acquisition of the skill to inhibit parasitic action and the ability to direct clear motivations as a result of self-knowledge.

The Potent Self: A Guide to Spontaneity by Moshë Feldenkrais

by Moshe Feldenkrais The Potent Self is Moshe's second book on the theory and practice of the Feldenkrais Method . In this book Dr. Feldenkrais explores such areas as the relationships between habit, emotion, motivation, and posture.

The Potent Self Moshe Feldenkrais, Book by Moshe Feldenkrais

Self-esteem worksheets PDF “ step by step guide. In this blog post, I prepared and attached 7 self-esteem worksheets PDF files composed of one PDF document you can use to work on your self-esteem and improve your life in general. The worksheets are a comprehensive and gentle guide aimed to help you improve your confidence, and set up a proactive mindset that will embrace positive changes.

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In The Potent Self, Feldenkrais delves deeply into the relationship between faulty posture, pain, and the underlying emotional mechanisms that lead to compulsive and dependent human behavior. He shares remarkable insights into resistance, motivation, habit formation, and the place of sex in full human potential.

The Potent Self: A Study of Spontaneity and Compulsion

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