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He was particularly fascinated with the title "Elusive Obvious". In any case the book is written by the very talented Moshé Feldenkrais, who's method of awareness through movement transforms ones body into a state of total efficiency.

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The Elusive Obvious, by Moshe Feldenkrais is a warm and conversational book that deals with simple, fundamental

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~~The Elusive Obvious or Basic Feldenkrais (??)~~

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~~The Elusive Obvious by Moshe Feldenkrais - Penguin Books~~

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The Elusive Obvious: Or Basic Feldenkrais presents a thorough explanation of the Feldenkrais Method in the words of its founder, and, as its title indicates, it throws light on the causes of health problems that are hidden in plain sight.

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The Elusive Obvious: Or Basic Feldenkrais presents a thorough explanation of the Feldenkrais Method in the words of its founder, and, as its title indicates, it throws light on the causes of health problems that are hidden in plain sight"--Scientist, martial artist, and founder of the method that bears his name, Moshe Feldenkrais wrote several influential books on the relationship between movement, learning, and health.

~~The Elusive Obvious : The Convergence of Movement ...~~

The Elusive Obvious, 2nd Edition This second edition of Dr.

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Feldenkrais' popular book, deals with simple, fundamental notions of our daily life that through habit become elusive. Now with a new foreward by Norman Doidge, MD. In English. Distribution of physical items has been suspended due to COVID-19.

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~~The Elusive Obvious - North Atlantic Books~~

The Elusive Obvious Book \$ 34.95 Research indicates that 80-90% of all communication is nonverbal. Michael's delineation of the 21 patterns of what one can do with one's eyes, voice, body (including gestures and location) and breathing is a major breakthrough.

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thorough explanation of the Feldenkrais Method in the words of its founder, and, as its title indicates, it throws light on the causes of health problems that are hidden in plain sight.

~~The Elusive Obvious : The Convergence of Movement ...~~

This warm conversational book is deemed by many as one of Moshe Feldenkrais's most readable and interesting books.

The Elusive Obvious was the last book Feldenkrais wrote and in it he distills his vision of his Method. The book represents a graceful summation of both the theory and practice of the Feldenkrais Method.

~~The Elusive Obvious, by Moshe Feldenkrais~~

This definition of self-directed learning in 'The Elusive

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Obvious' seemed to provide the basis for Mia's approach, which proved to "speak" effectively to the student's entire physical-mental spectrum of sensing-feeling-thinking-and-acting.

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