



Embodied Wisdom: What our anatomy can teach us about the art of living

By Joy Colangelo

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Do you feel as if your body has lost its mind and your mind has forgotten it lives in a body? Do you know how to live your life but fail to do it? What if the answers to life's questions were right inside you? Mind/body science links emotions with immunity but our body is more than immunity; it is movement. Embodied Wisdom tells us that we have a great capacity to change brain function through proper movement. But powerful cultural pressures dictate the way we move and underlie some of our personal failures, our aches and pains, and our feelings of apathy when it comes to changing our lives. Inside, learn about the powerful natural patterns that might support our successes, our freedom of movement, and our heroic journey through life. Find out why sitting in a chair is considered an athletic endeavor with no physical benefit and why pressure on our knees can urge us to pray. Learn how our motor behaviors provide opportunities for gene expression and how genes guide our motor patterns. Embodied Wisdom tells us what our body can teach us about the art of living.

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Editorial Review

About the Author

Joy Colangelo holds a master's degree in occupational therapy. She is the Clinical Supervisor of Rehabilitation Services at Community Hospital of the Monterey Peninsula and a lead therapist for the hospital based Pain Center. She lives with her husband and two children in Pacific Grove, California.

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