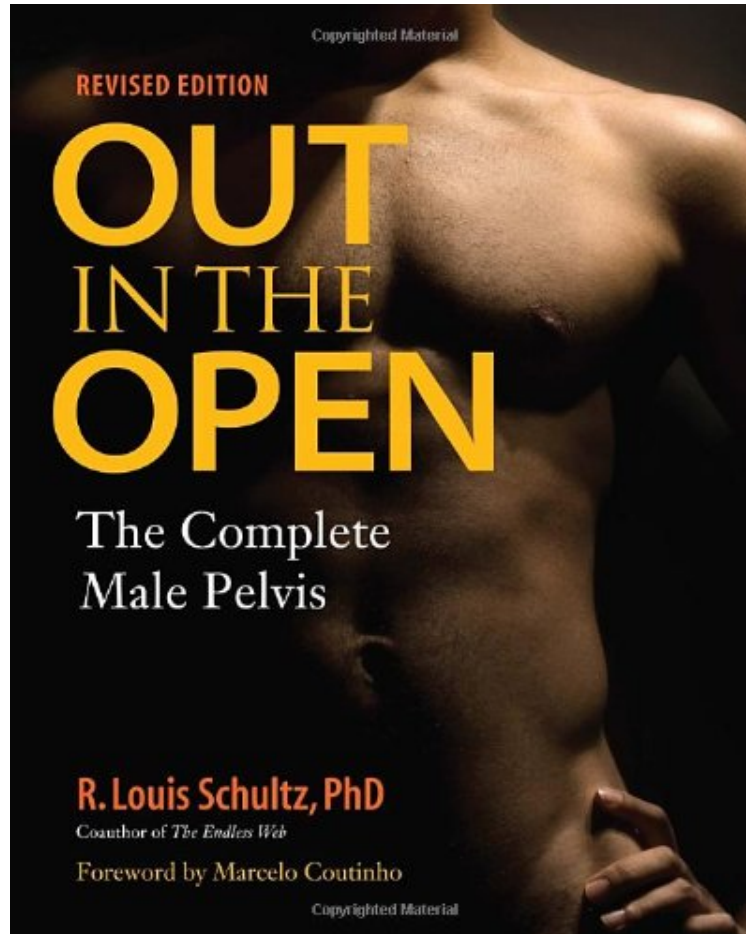


[Read free ebook] Out in the Open, Revised Edition: The Complete Male Pelvis

Out in the Open, Revised Edition: The Complete Male Pelvis

R. Louis Schultz Ph.D.

**Download PDF | ePub | DOC | audiobook | ebooks*



 Download

 Read Online

#548505 in Books North Atlantic Books 2012-06-26 2012-06-26 Original language: English PDF # 1 9.25 x .48 x 7.40l, .84 #File Name: 1583944362184 pages | File size: 63.Mb

R. Louis Schultz Ph.D. : Out in the Open, Revised Edition: The Complete Male Pelvis before purchasing it in order to gage whether or not it would be worth my time, and all praised Out in the Open, Revised Edition: The Complete Male Pelvis:

5 of 5 people found the following review helpful. A PrimerBy KenJacoI bought this book as a reference guide, but it is outlined or presented as a primer for therapy. The writer, Dr. Schultz is a Rolf specialist, an approach that encouraged me as professional in voice use and habilitation. Previously, I had two occasions with pupils who had phonation reserve. Using common sense, I had the young man, who was somewhat near my own age (I was a graduate student teacher) to relax the posterior ani diaphragm (pelvic), which would normally cause some kind of relaxation of the viscera and relieve some abdominal stress without defecation or products that stimulate the bowels. A year later, the young woman I had asked to sing a difficult part after a voice lesson where she learned to perceive her anterior or urogenital diaphragm. Nothing else seemed to work for her. Remembering these occasions, I bought this book, and though I don't resort to this pelvic work often, sometimes it is necessary. She sang very well. Naturally, all according

to normal circumstances. I seem to remember also that on tour some years ago, I offered one of the construction "tech" workers some advice on pelvic relaxation and stimulation. The book uses the male's body type, and can help those curious understand the inter-functionality of the male body, how the perineum "communicates" with the body under normal circumstances. The pictures are not sexually stimulating, for me at least, but are very up close and extremely candid with excellent physiques, in black and white. But my "family" has a tendency to place this book, laughingly, with my adult interests, so beware. Perhaps, I have a more direct way to sex related topics. Overall, for my purposes, which may not be in line with the author's intent were somewhat unfulfilled, because in addition to my professional pursuits in wanting to understand "The Trunk" completely, I wanted to know more about the functionality of the genitalia, which are also valid and pleasurable to have whether sexually active or not, without embarrassment. Sometimes, we can't choose whether or not to be sexually active, and when we potentially are, nudity can present a terrible mental block. And, I am very grateful that Dr. Schultz deals with that state of mind too. As I said, it is a book to use under normal circumstances merely, in my case, for the most basic purposes with all due respect and reverence to the natural healing processes of the greater body.

8 of 8 people found the following review helpful. Great book the first time. Revised and updated it isn't. By Ultraaman If you don't have the original book, then get this. It's a GREAT book for understanding male body image, and how it is internalized and physically manifested. However, this is not revised and updated. The content is virtually identical, which is a shame. As good as the original book was, it was written in the late 90's. The author uses some outdated observations and colloquialisms - Ally McBeal, grunge, Generation X. People under 50 will think that makes the content also out of date which is not true but it can obfuscate the actual it.

1 of 1 people found the following review helpful. This is a very informative book that covers research pertaining ... By J. Brandon This is a very informative book that covers research pertaining to the anatomy of specifically, the male pelvis region, and its effects on several male issues that are often encountered throughout adult life.

Out in the Open, Revised Edition: The Complete Male Pelvis offers a frank exploration of the male pelvic region from a cultural and scientific perspective. Focusing on pelvic structure and development, the book explains how male sexuality develops throughout a man's life from birth onwards. An experienced Rolfer with an academic background in physiology, the late author R. Louis Schultz, PhD, offers the fruits of his wisdom gleaned over the course of his twenty-five year bodywork career. A valuable guide for bodyworkers and laypeople alike, the book addresses such topics as: Genital structure Bodywork techniques to treat pelvic tightness Erection, masturbation, and ejaculation The link between emotion and male sexuality Sexual stereotypes and myths Enhanced with over 120 detailed photos and illustrations, the book offers valuable advice for bodyworkers working in the pelvic region, a possible area of tension and more serious pelvic conditions. Revised by Schultz's protg, Advanced Rolfer Marcelo Coutinho, this edition includes a redesigned cover, a new foreword by Coutinho, and an added appendix of 20 exercises and self-treatments for common pelvic dysfunctions.

"The success of this book lies in the fact that it has contributed immensely to the chipping away of negative cultural attitudes regarding the pelvis. It has helped many men come to terms with their genitals, thereby allowing them to gain confidence and achieve greater sexual enjoyment.... In my own practice, it has laid the groundwork for treating clients who have exhausted all other options in the treatment of conditions such as impotence, premature ejaculation, fertility problems, hemorrhoids, hernias, and other pelvic dysfunctions." From the foreword by Marcelo Coutinho, Advanced Rolfer and protg of R. Louis Schultz

R. Louis Schultz's **Out in the Open, Revised Edition**, with new exercise material by Schultz's protg, Marcelo Coutinho, is a necessary book designed for all practitioners who aspire to be complete in their approach to the body. This book is practical, fearless, funny, tender, and ever-so human it brings male pelvic issues out into the light of day. Thomas Myers, director of Kinesis, Inc. and author of *Anatomy Trains* and *Fascial Release for Structural Balance* Influenced by Wilhelm Reich, Dr. Ida P. Rolf, and Joseph Pilates, R. Louis Schultz with his extensive background in anatomy and physiology explores the tensions and resultant implications of how men sense their pelvis within the larger context of their bodies. His pioneering work is an investigative exploration into avenues of change and resolution. Neal Powers, teacher of the Rolf Method of Structural Integration at the Guild for Structural Integration With this book, R. Louis Schultz shares the revelations of his profound and detailed study of a body area central to the human structure yet shrouded in cultural taboos and preconceptions. Schultz approaches the pelvis from many perspectives, which makes his contribution a unique resource for those whose work is guided by a holistic paradigm. Pedro Prado, PhD, somatic psychologist and chairman of the advanced faculty of the Rolf Institute of Structural Integration

About the Author An Advanced Certified Rolfer and Rolfing Movement teacher, the late R. Louis Schultz, PhD, founded the anatomy program at the Rolf Institute and presented Rolfing workshops in the U.S., Germany, Italy, England, Brazil, and Australia. A former professor and chairman of the Department of Human Biology at the University of Colorado School of Medicine and Dentistry, he was the author of over forty scientific publications and the coauthor of *The Endless Web: Fascial Anatomy and Physical Reality*.