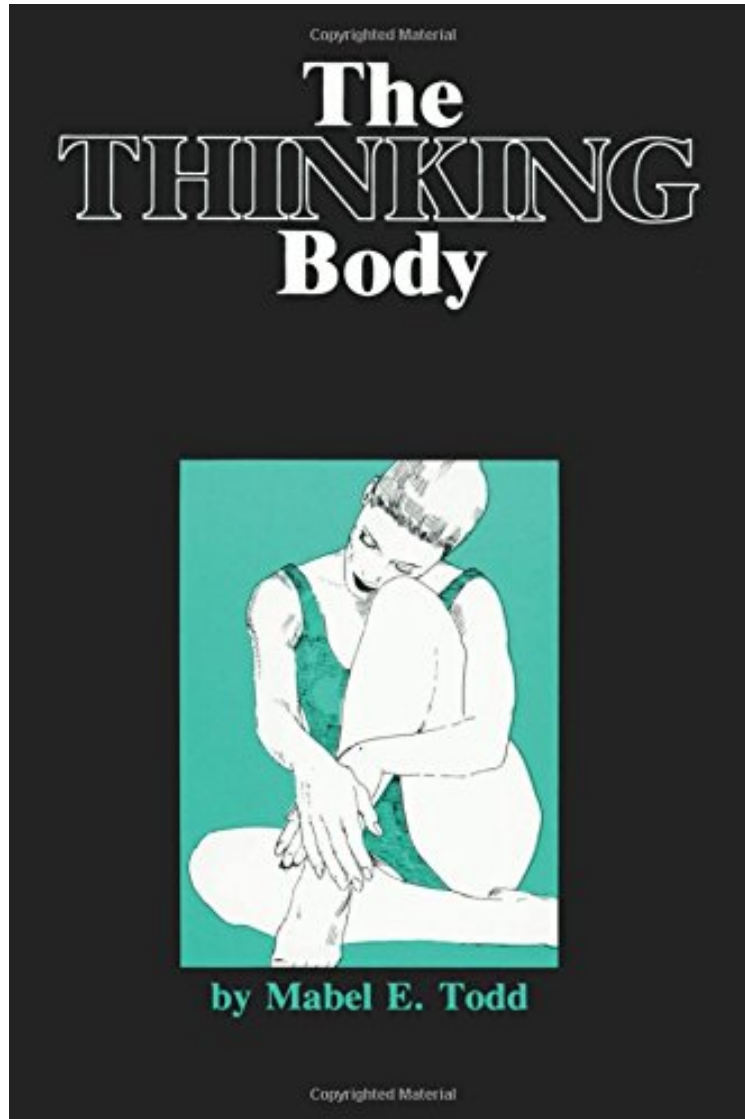


The Thinking Body

Mabel E. Todd

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Mabel E. Todd : The Thinking Body before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Thinking Body:

The Thinking Body, originally published in 1937, is a classic in the study of human physiology, and the effect of psychological and mental processes on human movement. Todd was far ahead of her time in seeing the relationship between thought and movement. Since its republication in 1968, The Thinking Body has been recognized as a

profound study of biomechanics, anatomy, kinesiology, and physiology, all brought to bear on a study of movement education. The purpose of the book is to re-educate us in our movements, to bring the power of mental and psychological processes to bear on all our physical movements. As Todd herself said, "It is as profoundly true that we are as much affected in our thinking by bodily attitudes as our bodily attitudes are affected by the reflection of our mental and bodily states." The Thinking Body's mind/body approach has made it a favorite of dancers, students of motor development, and all those concerned with questions of human fitness.