



## Reclaiming Vitality Presence (Paperback)

By Charles Brooks, Charlotte Selver

North Atlantic Books, U.S., United States, 2007. Paperback.  
 Condition: New. Third. Language: English . Brand New Book.  
 This book captures the essence of Charlotte Selver's practice of Sensory Awareness like no other publication. It is an invitation to experience life firsthand again, as we did when we were children. In a culture where we have grown accustomed to accumulating knowledge from teachers and experts, it is rare to find a book that actually invites us to trust our own senses again. It is the authors' intent to give back to the reader authority over his or her own experience and learning processes. Much of the book focuses on reviving the senses in order to open the mind and body to direct learning. The book imitates an actual Sensory Awareness class, involving the reader as a student, guiding him or her along a journey with and through the senses to a way of living that is in accordance with the natural functioning of the human organism in its environment. The range of explorations include a renewed connection to the support of the earth as a foundation for trust; the central role of gravity for our health and for finding orientation in...



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