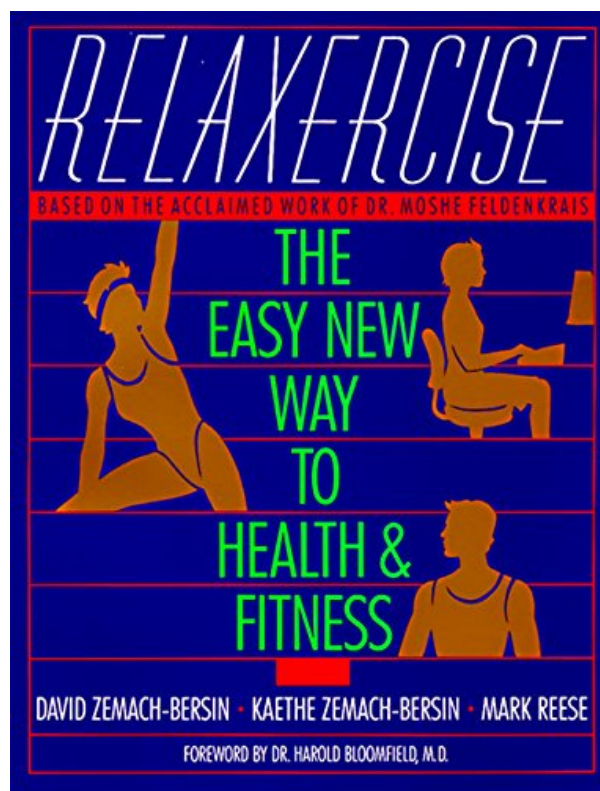
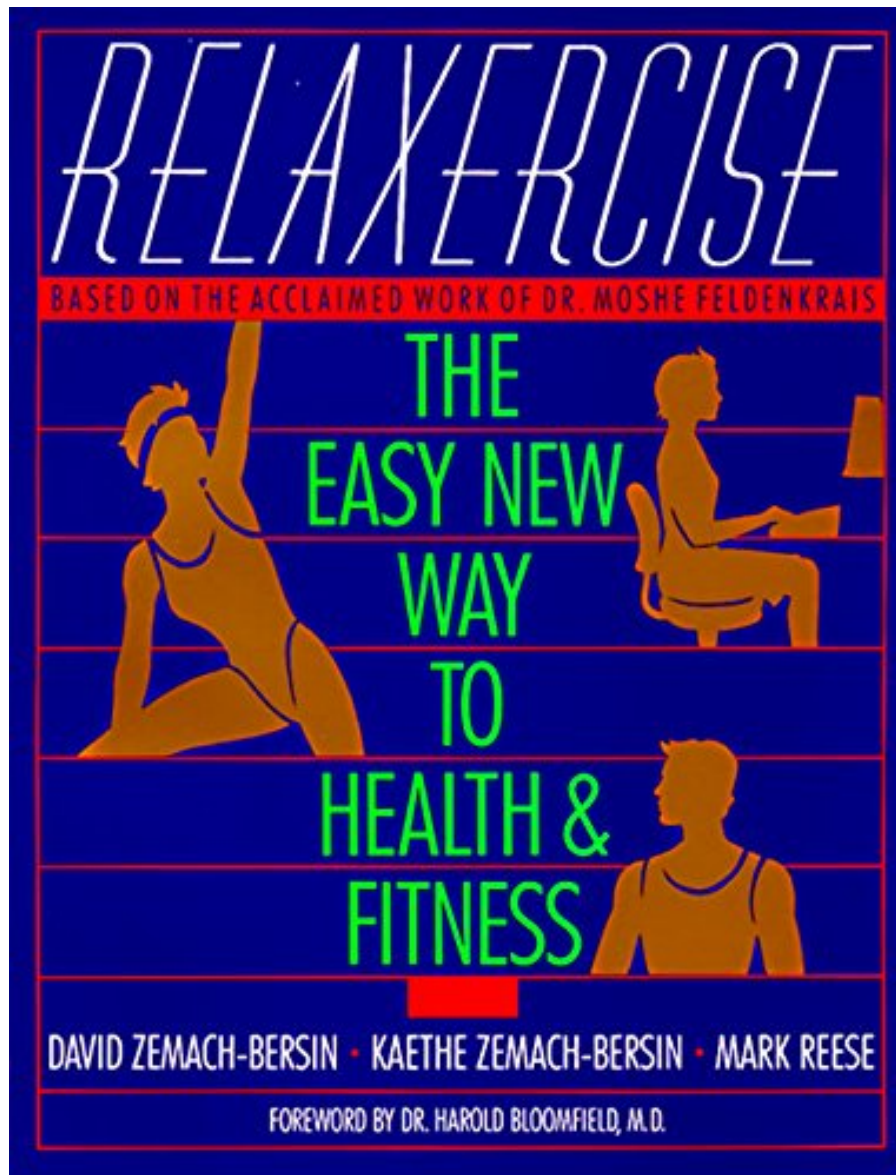


**RELAXERCISE: THE EASY NEW WAY TO  
HEALTH AND FITNESS BY DAVID  
ZEMACH-BERSIN, KAETHE ZEMACH-  
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## Review

"Superb. Very practical. An incredible, quick, and easy tool for anyone who suffers chronic pain and loss of flexibility." -- Alex Shester, M.D.

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"Two audiences have responded to the value of Feldenkrais's work: people afflicted with physical problems and pain, and those who make their living from beauty or finesse of movement such as musicians, athletes, dancers, and actors. Feldenkrais watchers and pupils have included violinist Yehudi Menuhin, former Israeli prime minister David Ben-Gurion, anthropologist Margaret Mead, and Dr. Karl Pribram, M.D., director of the Neuro-Psychology Laboratories of Stanford University." -- Suzanne Larronde, *Modern Maturity*

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# **RELAXERCISE: THE EASY NEW WAY TO HEALTH AND FITNESS BY DAVID ZEMACH-BERSIN, KAETHE ZEMACH-BERSIN, MARK REESE PDF**

The Extraordinary Exercise Program Based on the Revolutionary Body-Improvement System Developed by Dr. Moshe Feldenkrais

With these brief (ten to thirty minutes) exercises, anyone can learn to improve their posture, flexibility, and physical comfort, and end the energy drain caused by muscular tension. This popular application of techniques -- never before available in such an easy-to-use form -- targets such key areas as the lower back, shoulders, neck, spine, eyes, feet, and jaw. Enhanced vitality and elimination of pain and stress will be yours through these thoroughly researched and patient-tested techniques that actually reprogram the neuromuscular system.

- Sales Rank: #168516 in Books
- Published on: 1990-05-10
- Released on: 1990-05-10
- Original language: English
- Number of items: 1
- Dimensions: 11.00" h x .34" w x 8.50" l, .94 pounds
- Binding: Paperback
- 176 pages

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## Most helpful customer reviews

18 of 18 people found the following review helpful.

Unbelievable results!

By Rivka

I bought this book because it was given to my rolfer by a doctor who treated her for injuries she suffered in an auto accident and she felt I could benefit from doing these exercises as well. She was so right! I have had back and neck injuries resulting from years of heavy lifting as well as several auto accidents in my past. Over many years, I have sought relief from my medical doctor, physical therapist, massage therapist, chiropractor and rolfer and although had improvement, I still had stiffness and low back pain and discomfort every single day. The day this book arrived, I read through it and did a few exercises and from that first day, the pain and stiffness greatly receded and is now gone for the first time in years! The most amazing part is that I received the book less than 2 weeks ago! The exercises are so easy it's hard for me to believe they could work especially since I have done thousands of hours of yoga exercises over the years but it has not accomplished what these exercises have in 15 minutes a day for less than 2 weeks! Amazing!!

24 of 24 people found the following review helpful.

Do not overlook this one

By Prokopton

After two years of use, I recommend this book unreservedly. It gives ten simple exercise sequences that anyone can do -- they not only require no effort, they positively require the absence of effort. More obvious sequences like ones for spine and abdominal core are accompanied by others addressing, for example, the jaw or eyeballs. All are effective, and together they constitute an extremely valuable whole-system tuneup. You take it entirely at your own pace and there is never any strain.

A disclaimer: I really know nothing about the Feldenkrais method. I've read a little but have never consulted a practitioner. Everything I know about actually doing it, I got from this book; based on that alone I'm extremely impressed. The method helps a human being become more human, engages the movement system to change perception, and does help with wiser living in a more parasympathetically activated persona, as well as a more flexible, balanced, and pain-free body.

This book goes in that category, too sparsely populated, of real \*keeper\* books with which you can make definite and reliable changes in your life, for the better, long-term. It's by no means easy to pass on a distinctively-flavored movement regimen in a book, but this one manages it elegantly.

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EDIT: Update after a year and a half: still wonderful. If I don't use this for a while and miss some aspects of flexibility etc., I can pick it back up and everything returns quickly. I've still never been to a Feldenkrais class since my interests in movement are wide. I did get a couple of other good books on Feldenkrais such as the Busy Person's Guide but have used them much less. The stuff in here is just what I want, it's now like home to me, a comfortable shoe. I wish everyone knew about this.

9 of 10 people found the following review helpful.

Relaxercise: The Easy New Way to Health and Fitness

By Cynthia R. Peterson

I bought this book here at Amazon in 2010.

pros: This book basically has the Feldenkrais exercises. They are with a very short explanation and a very basic drawing. The movements are life changing IF you have some basic knowledge beforehand. Feldenkrais classes are expensive and this will give you the "homework" you will need.

Cons: This book was written some years ago, like the disco days era, so what few photo illustrations look dated. There are no photos of anyone actually doing the movements that would be helpful.

Amazon sells a great MP3 set by Ryan Nagy that is far more helpful than this book, titled Feldenkrais Classics. There are two sets, under \$9 each for hours of gentle guiding help. This book may be a good book to have with the MP3 set (of Ryan Nagy) Get Ryan Nagy's set first, and Feldenkrais can change your world. Because Feldenkrais is a wonderful way to relax your body into balance and good health. The title of this book sure has that right.

See all 46 customer reviews...



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