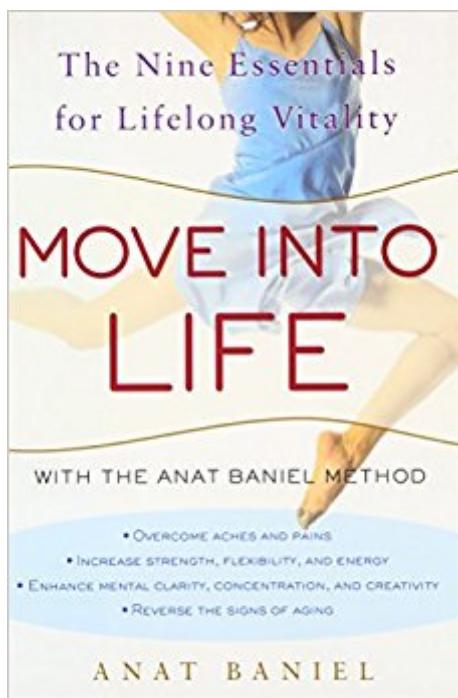


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# Move Into Life: The Nine Essentials For Lifelong Vitality



## Synopsis

Remember a time when you were bursting with energy, curiosity, and creativity? When your body felt strong and flexible, free of any aches and pains? With the Anat Baniel Method, you can feel that way again and experience renewed, intensified vitality—greater health, flexibility, strength, sensuality, clarity of mind, and enthusiasm—now and throughout your life, no matter what your age or physical condition. Your level of vitality is directly connected to your brain. When your brain thrives, growing and making new connections, you are invigorated, infused with a new sense of aliveness and possibility, capable of infinitely new ways of moving, thinking, and feeling.

Combining cutting-edge neuroscience, the work of Dr. Moshe Feldenkrais, and her own method based on more than thirty years of experience working with thousands of people around the world, Anat Baniel has defined the Nine Essentials your brain needs to flourish. In this breakthrough book, she offers specific, practical advice for incorporating those Essentials into everything you do to achieve immediate and powerful benefits. In *Move Into Life*, you'll learn the Nine Essentials your brain requires to thrive, including movement with attention, subtlety, and variation. Experience simple, safe physical and mental exercises that satisfy those needs and thus awaken your vitality. Discover why and how these methods work. Find easy ways of incorporating the Essentials into your daily life so every activity—from washing the dishes to working at your desk, from interacting with your loved ones to your golf game—brings you renewed vitality. Endorsed by leading physicians, scientists, and transformational teachers, the Anat Baniel Method will help you enjoy renewed energy and stamina. You'll be lighter on your feet. Your memory will be better. Thinking and problem solving will become easier. If you are active in a sport, yoga, or work out at the gym, you will notice yourself performing better and with greater ease and fewer injuries. Most important, you will experience yourself moving more fully into your life.

## Book Information

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## Customer Reviews

Based on the work of her mentor, mind-body pioneer Moshe Feldenkrais, dancer and clinical psychologist Baniel developed a program she has used with clients, including professional musicians, athletes and learning-disabled children. Articulating and amplifying Feldenkrais's system, Baniel's method consists of nine ways to overcome dysfunctional mind-body connections that prevent people of all ages from feeling life-enhancing vitality and optimal health: moving with attention; turning on the learning switch; experiencing subtlety; breaking harmful habits through variation; living more slowly; setting flexible goals; firing enthusiasm; using the imagination; and cultivating awareness. Citing research into neurogenesis, Baniel contends that brain growth can be stimulated with such simple yet paradoxical shifts as making gains without pain, reducing force to increase power and solving problems by daydreaming. By taking quizzes, then doing gentle physical movements and brain exercises, readers can test Baniel's theories for themselves, as well as read personal success stories. Baniel's compassionate and empowering approach will leave readers, particularly those with problems defying traditional treatment (chronic pain, mental and emotional trauma) eager to forge positive communication pathways between the body and the mind.

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“Baniel’s compassionate and empowering approach will leave readers, particularly those with problems defying traditional treatment (chronic pain, mental and emotional trauma) eager to forge positive communication pathways between the body and the mind.”

•Publishers Weekly “Anat Baniel’s work is life changing and so is this book. For those seeking greater health and vitality, Move into Life is a must. The ideas are original and cutting edge, yet supported by science. Read it, apply what you learn, and experience remarkable transformations and greater vitality of mind and body.” •Jack Canfield, Co-author, Chicken Soup for the Soul and The Success Principles “I feel lucky to have discovered Anat Baniel’s work. In her book Move Into Life • The Nine Essentials for Life Long Vitality she offers us powerful, immediate, yet easy to apply ways to wake up our brains and gain the vitality we all wish for. This scientifically based knowledge and practice is novel

and important and deserves the widest audience.â•âœJohn Gray, New York Times bestselling author of Men are from Mars, Women are from Venusâ•â“Move Into Life â•âœThe Nine Essentials for Life Long Vitality is a brilliant and original approach to bringing about rapid change and enhanced vitality. This program gives you access to the limitless energy and vibrancy that are at the heart of a happy and satisfying life.â•âœMarci Shimoff, New York Times bestselling author of Happy for No Reason and featured teacher in The Secretâ•â“This book puts living back into life. It is the distilled wisdom of a great guide.â•âœLarry Dossey, M.D., author of The Extraordinary Healing Power of Ordinary Thingsâ•â“Anat Baniel has evolved to a point few can match, let alone surpass.â•âœDr. Moshe Feldenkraisâ•â“A new, highly original approach to creating vitality, longevity, and self-sufficiency. This book is a must-read for every person wanting to make the best of the next phase of their life.â•âœDharma Singh Khalsa, M.D., author of Brain Longevityâ•â“Baniel has developed powerful, practical strategies for improving your abilities and building a better, stronger brain that are supported by the neuroscience of brain plasticity.â•âœMichael M. Merzenich, Ph.D.â•â“Move Into Life provides a great wealth of wisdom and guidance for tapping into the energy for achieving our most rewarding goals and delighting in them when we do.â•âœBob Proctor, You Were Born Rich: Now You Can Discover and Develop Those Richesâ•â“Anat Banielâ•â„s discoveries are of vital importance to all of us because they help us reach our greatest potential.â•âœChristopher Ryan, M.D., American Academy of Physical Medicine and Rehabilitationâ•â“The results I have witnessed border on the miraculous. What Anat does makes complete sense; how she does it is inspiring and often ingenious.â•âœCheryl Cooper, M.D., O.D., Member of the Board, Rosalind Franklin University of Medicine and Scienceâ•â“The work of Anat Baniel has often been described as the worldâ•â„s best kept secret. Now, at last, this secret is revealed. This book will not just change your life, it will give you the tools to create and nurture a vitality that will continue to move you further and further into life for as long as you live. There is no limit to the possibilities that this book will open for you.â•âœNeil Sharp, M.D.

I bought Anat's book after watching several of her DVDs. I found it interesting in understanding her essentials a little deeper. This book is easy to read with lots of real examples which I find very helpful in being more aware of working with my clients as a physical therapist. Move Into Life is helpful not only in improvement of physical movement but also in the thinking, emotional and feeling. I became

more conscious in introducing her essentials into my practice. This book could make our life more wonderful!

I have read so many self development books which talk about being in the present moment but without actually teaching you how to "do it". (Eckhart Tolle, Byron Katie etc.) As I was reading this book I realized that doing Anat's lessons has been the only way I have been able to develop the skill of being present and aware. When I began the training with Anat I had so many random thoughts flying through my head and so little awareness of what I was actually doing with myself. It is a skill which needs to be learned. This is an incredible book which explains Anat's principles (The Nine Essentials) and how to put them into practice right away. The Anat Baniel Method has been life changing for me. After an injury I was told I would be permanently disabled in 30% of my body. Today I am pain free and move better than I have in my entire life! Thank you Anat!!!

Anat Baniel is a pioneer. As someone lucky enough to have experienced this work first hand I'll always keep this book in my reference library. This is information that changes the way you think about body mechanics. We are holographic beings. The thigh bone is connected to the foot bone is connected to the toe bone. Give this book to your physical therapist, your rehab facility administrator and your orthopedic surgeon!

Great book and very worthy reading. I find the teaching insightful and quite helpful. In fact, I am re-reading the book a second time to further reinforce my learning. I highly recommend this book.

I am just in the early parts of this book and I can say this is teaching me things I have been seeking for years. I want to spend this year letting the exercises soak in. I can say it has readjusted my values as I recognize what vitality feels like and how important it can be to me.

Anat Baniel's work is transformational: using the brain's power to create powerful changes in the body and mind. The Nine Essentials are like a guide to better living, reducing pain and being more potent in every way. The world of neuromovement is only just awakening - and Anat is at the cutting edge of it. Beautifully written, with great stories, examples and practical ideas for improving your life NOW. I can't recommend it highly enough.

I've only managed 45 pages so far, but this is a very helpful book. So relatable, with great

techniques to be aware and in touch with my mind and body. I'm breathing and focusing daily, and still working. At 40, with hydrocephalus, it almost feels like a miracle sometimes. Thanks Anat!

Off and on for the past year, I've used Anat's online service, Desk-Trainer. It lets you sit at your desk and follow animated instructions that loosen your hips, shoulders, neck and pelvis. The effect is near-magical. In one sitting, I go from stiff and sore to relaxed and happy. No kidding. The only challenge with Desk-Trainer is that I get tired of listening to the little animated guy say the same thing over and over. (The book lets me turn the page whenever I want.)

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