



Somatics: Reawakening The Mind's Control Of Movement, Flexibility, And Health

Thomas Hanna

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In the revolutionary *Somatics*, Thomas Hanna demonstrates that so many problems we accept as inevitable over time-chronic stiffness, bad back, chronic pain, fatigue, and even high blood pressure -need never occur if we maintain conscious control of nerve and muscle, a state which Hanna calls sensory-motor awareness. This gentle, lifelong program can help almost anyone maintain the pleasures of a supple, healthy body indefinitely, with only a five-minute routine once a day.

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