



The Thinking Body

Mabel Elsworth Todd

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A classic study of physiology and the effect of psychological processes on movement that has a mind/body approach, which makes it a favorite of dancers.

The Thinking Body Details

Date : Published June 1st 1980 by Princeton Book Company (first published June 1st 1937)

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Author : Mabel Elsworth Todd

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From Reader Review The Thinking Body for online ebook

Karina Gomez-trejo says

Marked it as to-read

Janie says

I'm reading this in conjunction with my anatomy & physiology class. The book is an important companion to a clinical approach to the subject. Todd offers a dancer's perspective, bringing an experiential, intuitive, holistic view of anatomy & physiology. It's information traditional education doesn't give you, but that's so vital to understanding the physical body. Not just defined by its structural parts -- the body is intricately bound with the emotional, cultural, psychological, and spiritual components that make us complete human beings.

Alan says

A book given me by a dance student, helped me get started in martial arts back in 70s.

Tarifa says

This book is a classic among dance teachers and movement educators. It was required reading for my graduate studies at NYU in Dance Education. I highly recommend this book to all dancers and athletes as well as dance and fitness instructors.

Chara says

It's very interesting, I want to read more in order to write a more complete review

Wangdo Kim says

Although substantive from kinesiological standpoint, the work was also rich with examples of body engineering simplified into imagery. The process which sustained concentration upon images Although substantive from kinesiological standpoint, the work was also rich with examples of body engineering simplified into imagery. The process which sustained concentration upon images could effect change in habits of posture and movement was also a central theme. The publication of thinking body brought a new wave of recognition for Todd's ideas that sustained her studios through the early 1940's.

This is Todd's statement: "Imagination itself, or the inner image, is a form of physical expression, and the

motor response is the reflection of it."

Two major figures in favor of information-processing movement are Gibson and Todd. effect change in habits of posture and movement was also a central theme. The publication of thinking ...

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Claire says

I love this book! Todd does an amazing job of presenting the relationships between the skeletal structure and the muscles that work to keep the body in balance. It wasn't the prescriptive book that I expected it to be, and was much more technical than I had anticipated, but I learned so much from her research and advice! I really wouldn't recommend this book to anyone who hasn't at least taken a skeletal bio course, and knowledge of muscles would also be helpful. But this book in companion with Isaac Asimov's "The Human Body", and "Anatomy of Yoga" is a really helpful resource for mindful bodywork.

Pedro Alcantara says

Quite a helpful way to look at the body, posture, and movement. The technical vocabulary is demanding . . . with a glossary, this book would get an extra star.

Rob Martin says

Classic reading for movement/dance peeps...

kit says

Required reading for anyone with a body.

Denis Tabak says

very good book
