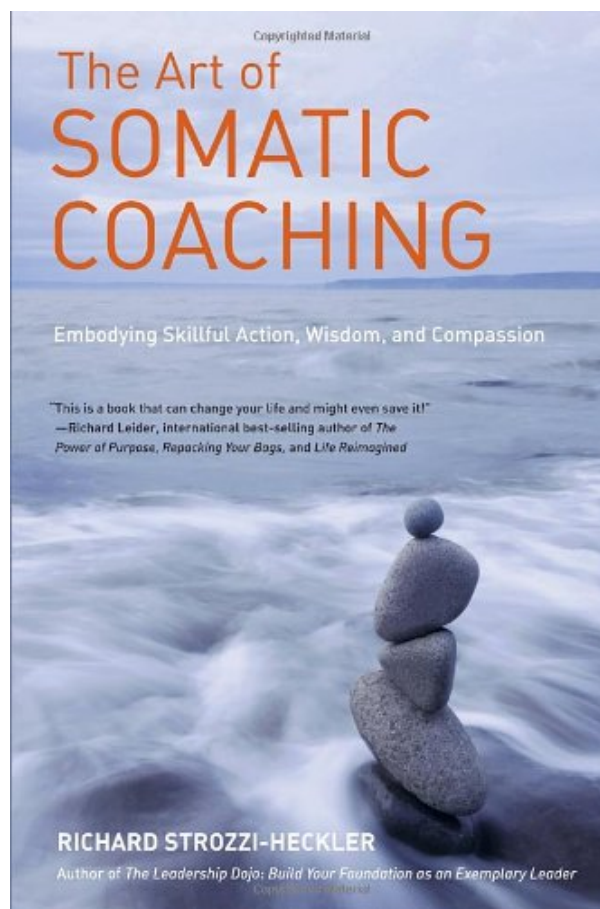
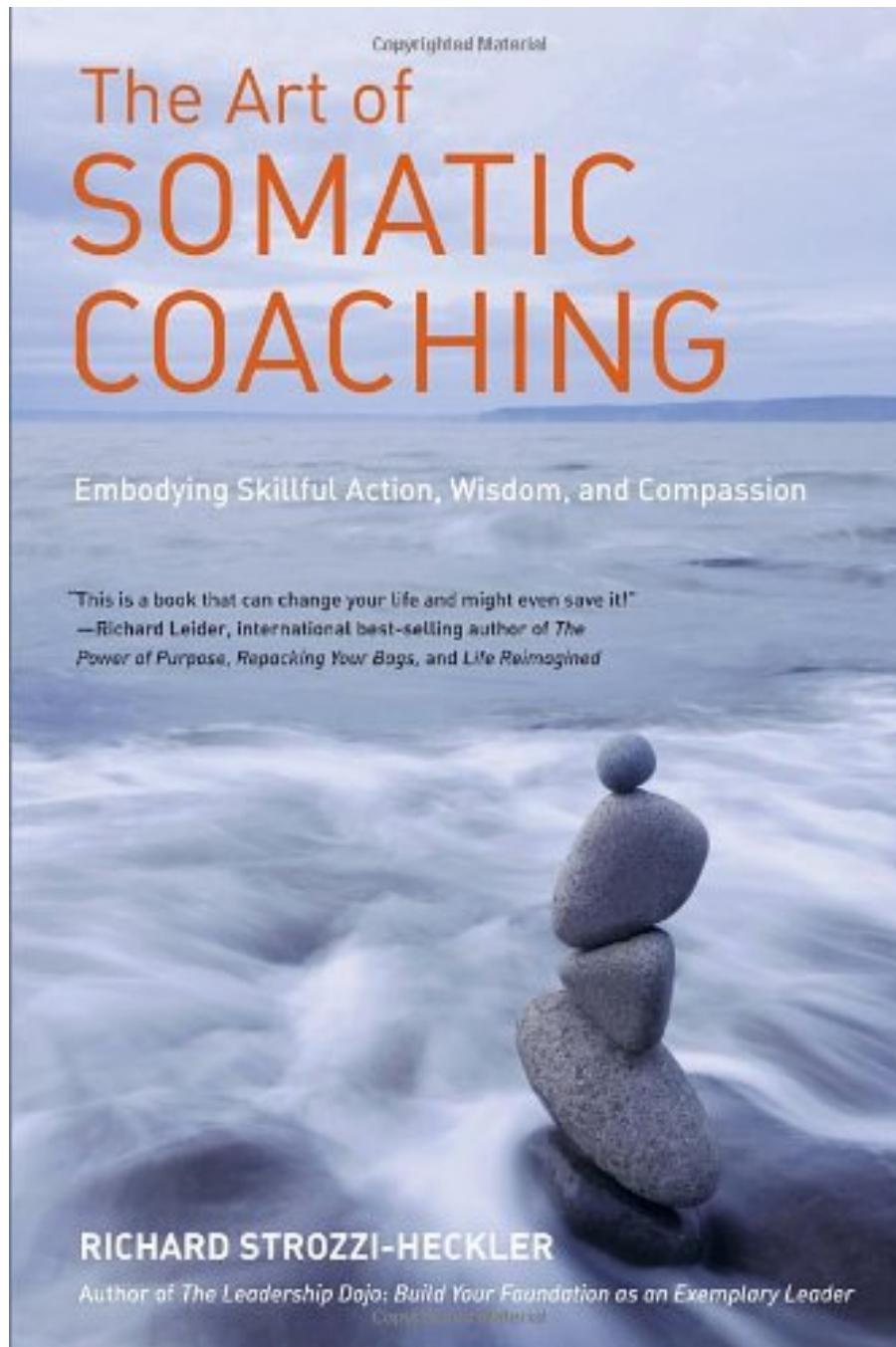


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# **THE ART OF SOMATIC COACHING: EMBODYING SKILLFUL ACTION, WISDOM, AND COMPASSION BY RICHARD STROZZI-HECKLER PDF**

The Art of Somatic Coaching introduces the concepts and principles of coaching with practices that include body awareness, bodywork, and mindfulness for both the coach and the client. Author and expert coach, Richard Strozzi-Heckler, PhD, explains that in order to achieve truly sustainable changes in individuals, teams, and organizations, it is necessary to implement body-oriented somatic practices in order to dissolve habits, behaviors, and interpretations of the world that are no longer relevant. He explains that these ways of being are integrated in the body--at the level of the musculature, organs, and nervous system. By implementing a somatic approach, these patterns can be shifted in order for transformation to occur.

Opening with a discussion of the roots of Somatic Coaching, the book describes the emotional and physical cost of being distanced from our bodies. Originating from the rationalistic idea that the mind and body are separate, this sense of disconnection spurred the emergence of the field of somatics that views the body as not just a physiological entity, but as the center of our lived experience in the world. Out of this philosophy, Somatic Coaching was developed as a way to cultivate the self through the body.

Methods in this book include:

- Somatic awareness--becoming aware of sensations
- Somatic opening--includes bodywork to release held patterns in the body
- Somatic practices--meditation, movement, and being present in everyday life

The social context in which one is raised, the supportive, healing force of the outdoors and nature as well as acknowledgment of the spirit are also woven into the practice. Through these practices, a rhythm of unfolding occurs in what Strozzi-Heckler describes as an Arc of Transformation--moving in stages from conditioned tendencies to a new satisfying and fulfilling way of being that is fully embodied.

Contents: Introduction; Chapter One: A Short Distance but a Big Cost; Chapter Two: Coaching; Chapter Three: Somatics and Somatic Coaching; Chapter Four: The Methodology; Chapter Five: The Rhythm of Action; Chapter Six: The Somatic Arc of Transformation

- Sales Rank: #224747 in Books
- Published on: 2014-02-11
- Released on: 2014-02-11
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .55" w x 6.00" l, .81 pounds
- Binding: Paperback
- 192 pages

## Most helpful customer reviews

20 of 20 people found the following review helpful.

The ideas behind Somatic Coaching remain elusive

By Ian Phillips

I thought the overall concept of Somatic Coaching was good, to the level I could understand the description in this book. The stories were good reading. However, when the book turned to make a fundamental description of Somatic Coaching, the academic, stilted writing style kept comprehension just slightly out of reach. The editor should have used more red pen. And leaving out a description of the Bodyworks, which the book says is integral to Somatic Coaching, meant the book could not fully describe its subject matter. Overall, the book gave me a foggy notion of what Somatic Coaching is about, nothing more.

13 of 13 people found the following review helpful.

Disappointing

By Mercedes Floresislas

It takes half the book exposing his personal philosophy; neglects to acknowledge other well known methods and to distinguish how somatic coaching is different. Neglects to acknowledge well known sport coaches who practice whole body techniques. Once it starts to explore "the methodology" it reverts back to proselytizing. I know the basis of his work has merit but I could not figure out (because he doesn't explain) how it is different from the techniques use by an Alexander technique coach or practitioners of the techniques created by Peter Levine.

4 of 4 people found the following review helpful.

More like an extended advertisement for the workshops

By Linnie Bishop

Really disappointing. Lacking in substantive content. More like an extended advertisement for the workshops.

I read the case studies, and hoped for a cogent theory about the method.

The glowing reviews must be from people who took the workshop.

See all 15 customer reviews...

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