



Body and Mature Behavior: A Study of Anxiety, Sex, Gravitation and Learning

Moshe Feldenkrais

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Feldenkrais advances the thesis that study and re-education of muscular behavior patterns, along with an analysis of the mental processes, are more effective in the understanding and treatment of emotional problems than the latter alone.

He pleads for the study and treatment of the organism as a whole, with emphasis on the re-education of the faulty muscular pattern. He presents the concept of muscular pattern and neurosis and their development, bridging the gaps among the various related disciplines in the study of human behavioral patterns.

Feldenkrais argues that recognizing pathologic or harmful muscular pattern's importance in neurotic performance and direct retraining along with psychological treatment could boost success in psychiatric treatment.

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