



Move into Life: The Nine Essentials for Lifelong Vitality

Anat Baniel

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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.

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From reader reviews:

Michael Hill:

Spent a free time for you to be fun activity to accomplish! A lot of people spent their down time with their family, or all their friends. Usually they undertaking activity like watching television, likely to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Will you something different to fill your own free time/ holiday? May be reading a book may be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to try look for book, may be the book untitled Move into Life: The Nine Essentials for Lifelong Vitality can be great book to read. May be it might be best activity to you.

Judith Cole:

In this period globalization it is important to someone to get information. The information will make a professional understand the condition of the world. The condition of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You can view that now, a lot of publisher which print many kinds of book. Often the book that recommended to you is Move into Life: The Nine Essentials for Lifelong Vitality this guide consist a lot of the information in the condition of this world now. This kind of book was represented how does the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. Typically the writer made some research when he makes this book. That is why this book ideal all of you.

Beverly McClendon:

Is it an individual who having spare time after that spend it whole day through watching television programs or just laying on the bed? Do you need something totally new? This Move into Life: The Nine Essentials for Lifelong Vitality can be the reply, oh how comes? It's a book you know. You are and so out of date, spending your spare time by reading in this new era is common not a geek activity. So what these publications have than the others?

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