



# **Body Sense: The Science and Practice of Embodied Self-Awareness (Norton Series on Interpersonal Neurobiology)**

*Alan Fogel*

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The science and practice of feeling our movements, sensations, and emotions.

When we are first born, before we can speak or use language to express ourselves, we use our physical sensations, our “body sense,” to guide us toward what makes us feel safe and fulfilled and away from what makes us feel bad. As we develop into adults, it becomes easy to lose touch with these crucial mind-body communication channels, but they are essential to our ability to navigate social interactions and deal with psychological stress, physical injury, and trauma. Combining a ground-up explanation of the anatomical and neurological sources of embodied self-awareness with practical exercises in touch and movement, *Body Sense* provides therapists and their clients with the tools to attain mind-body equilibrium and cultivate healthy body sense throughout their lives.

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