



A Non-Verbal Awareness Bibliography

Compiled by Bruce I. Kodish

July, 1995

Brooks, Charles V.W. *Sensory Awareness: The Rediscovery of Experiencing*. New York: The Viking Press, 1976.

Caplan, Deborah. *Back Trouble: A New Approach to Prevention and Recovery Based on the Alexander Technique*. Gainesville: Triad Publishing Co., 1989.

Csikszentmihalyi, Mihaly. *Flow: The Psychology of Optimal Experience*. New York: Harper Perennial, 1990.

Gallwey, W. Timothy. *The Inner Game of Golf*. New York: Random House, 1979, 1981.

Gelb, Michael. *Body Learning: An Introduction to the Alexander Technique*. New York: Henry Holt and Co., 1987.

Huxley, Aldous. "The Education of an Amphibian", in *Tomorrow and Tomorrow and Tomorrow*. New York: Harper and Brothers, 1956.

———. *The Art of Seeing*. Seattle: Montana Books Publishers, Inc., 1978.

Jones, Frank Pierce. *Body Awareness in Action: A Study of the Alexander Technique*. New York: Schocken Books, 1976, 1979.

Keane, Betty Winkler. *Sensing: Letting Yourself Live*. San Francisco: Harper and Row, Publishers, 1979.

Leaf, Munro. *The Story of Ferdinand*. New York: Puffin Books, 1977.

Ornstein, Robert and David Sobel. *Healthy Pleasures*. Addison-Wesley, Inc., 1989.

Perls, F.S. *Ego, Hunger and Aggression: the Beginning of Gestalt Therapy*. New York: Vintage Books, 1969.

Westfeldt, Lulie. *F. Matthias Alexander: The Man and His Work*. Long Beach: Centerline Press, 1986.

For more information on the practice of Sensory Awareness, contact: [Sensory Awareness Foundation](#), 273 Star Route, Muir Beach, Ca. 94965. (415) 388-6718.

For more information about studying the Alexander Technique, contact: [North American Society of Teachers of the Alexander Technique](#) (NASTAT), P.O. Box 517, Urbana, IL 61801. (800) 473-0620; (217) 367-6956.