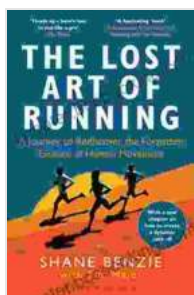


Journey To Rediscover The Forgotten Essence Of Human Movement

In this groundbreaking book, renowned movement expert Dr. Emily Splichal takes readers on a journey to rediscover the forgotten essence of human movement. Through a blend of scientific research, personal anecdotes, and practical exercises, Dr. Splichal reveals the profound impact that movement has on our physical, mental, and emotional well-being.

The Power Of Movement

Movement is essential for human life. It allows us to explore our world, interact with others, and express ourselves creatively. But in today's fast-paced, sedentary society, many of us have lost touch with the power of movement.



The Lost Art of Running: A Journey to Rediscover the Forgotten Essence of Human Movement by Shane Benzie

★★★★☆ 4.6 out of 5

Language	: English
File size	: 2222 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 289 pages

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Dr. Splichal argues that this disconnection from movement is having a devastating impact on our health and well-being. She cites studies showing that sedentary lifestyles increase our risk of chronic diseases such as heart disease, stroke, diabetes, and obesity. Movement, on the other hand, has been shown to improve cardiovascular health, reduce stress, boost mood, and enhance cognitive function.

The Forgotten Essence Of Human Movement

Dr. Splichal believes that we have forgotten the true essence of human movement. We have become too focused on external goals, such as losing weight or improving our performance, and have lost sight of the intrinsic joy and satisfaction that movement can bring.

She argues that we need to rediscover the playful, expressive, and social aspects of movement. We need to move our bodies in ways that feel good and that connect us with our true selves.

A Journey Of Rediscovery

Dr. Splichal's book is a practical guide to help readers rediscover the forgotten essence of human movement. She offers a variety of exercises and activities that can be tailored to individual needs and interests.

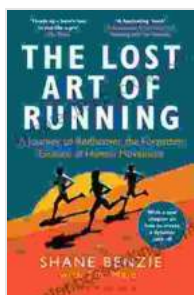
The book is divided into three parts:

1. **The Power Of Movement:** This section explores the scientific evidence for the benefits of movement and discusses the importance of rediscovering the forgotten essence of human movement.
2. **The Forgotten Essence Of Human Movement:** This section explores the different aspects of human movement that have been forgotten in

modern society, including playfulness, expressiveness, and sociality.

3. **A Journey Of Rediscovery:** This section provides a practical guide to help readers rediscover the forgotten essence of human movement. It includes a variety of exercises and activities that can be tailored to individual needs and interests.

Dr. Splichal's book is a must-read for anyone who wants to improve their physical, mental, and emotional well-being. It is a timely reminder of the importance of movement and a practical guide to help readers rediscover the forgotten essence of human movement.



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How to Stay True to Yourself and Stand Out From the Crowd

In a world that constantly bombards us with messages telling us who we should be and what we should do, it can be difficult to stay true to ourselves....