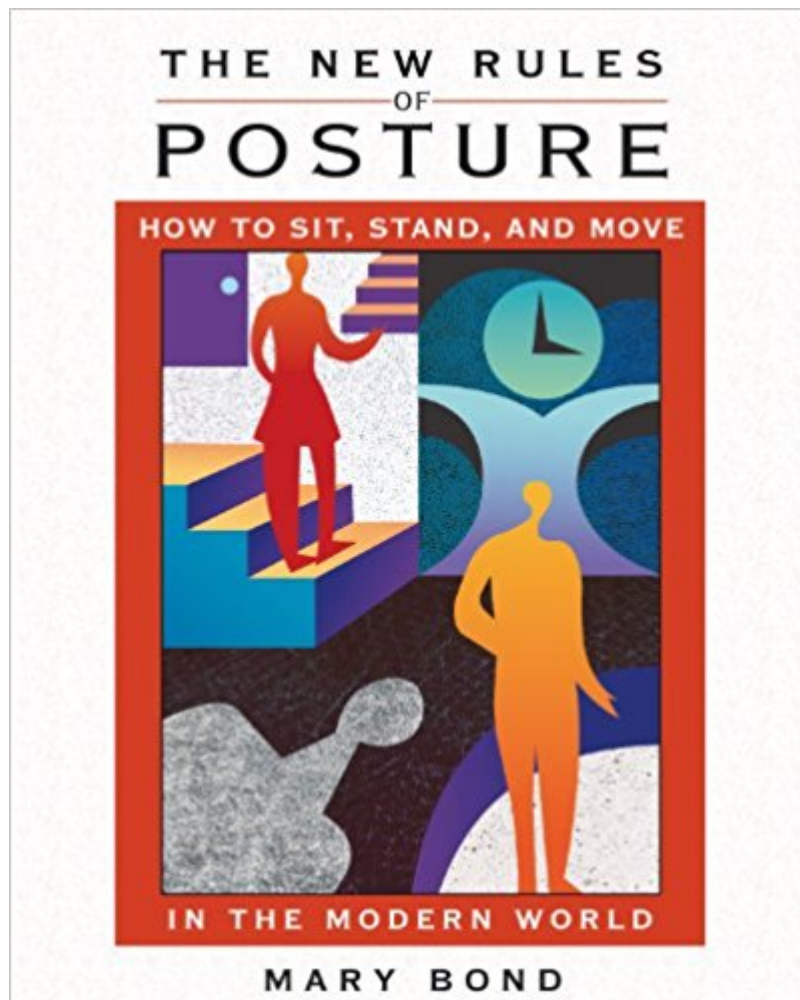




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The New Rules Of Posture: How To Sit, Stand, And Move In The Modern World



Synopsis

A manual for understanding the anatomical and emotional components of posture in order to heal chronic pain • Contains self-help exercises and ergonomics information to help correct unhealthy movement patterns • Teaches how to adopt suitable posture in the modern sedentary world Many people cause their own back and body pain through their everyday bad postural and movement habits. Many sense that their poor posture is probably the root of the problem, but they are unable to change long-standing habits. In *The New Rules of Posture*, Mary Bond approaches postural changes from the inside out. She explains that healthy posture comes from a new sense we can learn to feel, not by training our muscles into an ideal shape. Drawing from 35 years of helping people improve their bodies, she shows how habitual movement patterns and emotional factors lead to unhealthy posture. She contends that posture is the physical action we take to orient ourselves in relation to situations, emotions, and people; in order to improve our posture, we need to examine both our physical postural traits and the self-expression that underlies the way we sit, stand, and move. The way we walk, she says, is our body's signature. Bond identifies the key anatomical features that impact alignment, particularly in light of our modern sedentary lives, and proposes six zones that help create postural changes: the pelvic floor, the breathing muscles, the abdomen, the hands, the feet, and the head. She offers self-help exercises that enable healthy function in each zone as well as information on basic ergonomics and case histories to inspire us to think about our own habitual movements. This book is a resource for Pilates, yoga, and dance instructors as well as healthcare professionals in educating people about postural self-care so they can relieve chronic pain and enjoy all life activities with greater ease.

Book Information

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Customer Reviews

“The New Rules of Posture is a good adjunct to bodywork of all kinds, from chiropractic and osteopathy to Pilates and yoga. Read it thoroughly, let it soak into your experience--your body will thank you.” • (Thomas Myers, author of *Anatomy Trains*) “Mary Bond’s talent and expertise extended my professional dance career until age 52! Anyone who suffers from body dysfunction and pain must read her book. Actually, it should be mandatory reading for all institutions offering anatomy, kinesiology, and medical courses.” • (Bonnie Oda Homsey, Former member of the Martha Graham Dance Company, and Artistic Director of American Ballet Theatre) “I have long searched for a book that addresses the human body as a whole, and with clarity, guidance, and completeness. This book is a multi-faceted gem offering all of that and much more--I highly recommend it to teachers of movement and to anyone eager to learn how to become a better occupant of their body.” • (Marie-Josée Blom-Lawrence, Pilates Specialist and Professor of Anatomy and Physiology, Department of Health, Behavior, and Society, Johns Hopkins University) “At last, at any level of knowledge of the body and movement, everyone will have the joy of a discovery that can profoundly change our relationship to ourselves, to others and to the beauty of the world.” • (Hubert Godard, Ph.D., Professor of Movement and Research, University of Paris) “Recommended for anyone interested in the anatomical and emotional aspects of the movement of one’s body.” (Dede Archer, *Library Journal*, Feb 15, 2007) “Few things are as overlooked and yet absolutely critical to our health and well being as our posture. Mary Bond offers information, stories and tools for learning how to stand and move with ease and elegance.” • (Judith Hanson Lasater, Ph.D, PT, author of *30 Essential Yoga Poses*)

HEALTH / EXERCISE “The New Rules of Posture is a good adjunct to bodywork of all kinds, from chiropractic and osteopathy to Pilates and yoga. Read it thoroughly, let it soak into your experience--your body will thank you.” • --Thomas Myers, author of *Anatomy Trains* “Few things are as overlooked and yet absolutely critical to our health and well-being as our posture. Mary Bond offers information, stories, and tools for learning how to stand and move with ease and elegance.” • --Judith Hanson Lasater, Ph.D., PT, author of *30 Essential Yoga Poses* Many people cause their own back and body pain through their everyday bad postural and movement habits. Many sense that their poor posture is probably the root of the problem, but they are unable to change long-standing habits. In *The New Rules of Posture*, Mary Bond approaches postural changes from the inside out. She explains that healthy posture comes from a new sense we can learn to feel, not

by training our muscles into an ideal shape. Drawing from thirty-five years of helping people improve their bodies, she shows how habitual movement patterns and emotional factors lead to unhealthy posture. She contends that posture is the physical action we take to orient ourselves in relation to situations, emotions, and people; in order to improve our posture, we need to examine both our physical postural traits and the self-expression that underlies the way we sit, stand, and move. The way we walk, she says, is our body's signature. Bond identifies the key anatomical features that impact alignment, particularly in light of our modern sedentary lives, and proposes six zones that help create postural changes: the pelvic floor, the breathing muscles, the abdomen, the hands, the feet, and the head. She offers self-help exercises that enable healthy function in each zone as well as information on basic ergonomics and case histories to inspire us to think about our own habitual movements. This book also is a resource for Pilates, yoga, and dance instructors as well as healthcare professionals in educating people about postural self-care so they can relieve chronic pain and enjoy all life activities with greater ease. MARY BOND has a Master's degree in dance from UCLA and trained with Dr. Ida P. Rolf as a Structural Integration practitioner. She is a movement instructor at the Rolf Institute and teaches movement workshops nationally. The author of *Balancing Your Body*, she has also published articles in numerous health and fitness magazines. She lives in California.

Well written and has "exercise/movement" suggestions to help you grasp some of the deeper implications to the book

This is a great book and I use it as a reference all the time. I am a Pilates instructor and teacher trainer and find many of the exercises beneficial for my clients. This is a book that should be mandatory reading for anyone who wants to improve their movement patterns and posture. I love how Mary describes overcoming some simple aspects of how we move, sit or stand. It is the small things that can make the biggest changes long term. I have recommended this book to all of my students to help them deepen their own body knowledge.

This is a great book. I am a bodyworker and recommend it to most of my clients. For the price it is one of the best books you can get for advice on body awareness exercises that will improve your daily life and bio-mechanical function

This book describes in detail about human body related to posture. Gives a few exercises (which is

also described in detail) which really helps me. Great book.

Wonderful book with great new insight how to be in the body. I recommend this for anyone who is interested in their own health or are perhaps helping others with health issues. Thank you Mary Bond!

I have learned much from this book. I paid for your book, Mary Bond, because I want to learn more about what Dr. Rolf taught. You, Mary Bond, should pay .com to fix these sentences and every other messed-up part of your book. That is only fair. Location 2220 in Chapter 5: "When the TA activates lumbar fascia, the multifidi are stimulated to contract the lumbar segments." "Studies show that the contracts to stabilize your body before you use your arms or legs."

This book was recommended by my acupuncturist. I just got it. It is full of words and pictures, a bit overwhelming, but it is easy to get to the meat of it too. I have not gotten past lesson 1 but already I have a completely new perspective on sitting without pain. I am already recommending this book to others and plan to xerox the first chapter to take with me on a quick trip to LA.

Documented scientifically but easy to read and understand for the average person. Very practical and easy to apply. I had a copy loaned to me and knew I had to have one for myself.

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