



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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