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By Thomas Hanna

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In the revolutionary *Somatics*, Thomas Hanna demonstrates that so many problems we accept as inevitable over time-chronic stiffness, bad back, chronic pain, fatigue, and even high blood pressure -need never occur if we maintain conscious control of nerve and muscle, a state which Hanna calls sensory-motor awareness. This gentle, lifelong program can help almost anyone maintain the pleasures of a supple, healthy body indefinitely, with only a five-minute routine once a day.

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San Fernando Valley Sun, 1/28/10

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About the Author

Thomas Hanna, Ph.D. , founder of the field of Somatics, is director of the Novato Institute for Somatic Research and Training in Novato, California. He is also editor of *Somatics Magazine-Journal of the Mind/Body Arts and Sciences*.

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