



# The Anatomy of Change: A Way to Move Through Life's Transitions Second Edition

By Richard Strozzi-Heckler

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The body's innate capacity for feeling, intuition, and compassion can enable us to heal our physical and emotional wounds. In *The Anatomy of Change*, Richard Heckler draws on Aikido and Lomi Body Work to demonstrate how a set of practices can bring new awareness and choice into our daily life.

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*By Richard Strozzi-Heckler*

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## **The Anatomy of Change: A Way to Move Through Life's Transitions Second Edition** By Richard Strozzi-Heckler Bibliography

- Rank: #133422 in Books
- Brand: Brand: North Atlantic Books
- Published on: 1997-01-01
- Released on: 1997-01-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .42" w x 5.97" l, .62 pounds
- Binding: Paperback
- 168 pages

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### Editorial Review

#### Review

"Heckler, a teacher of Aikido and a writer of splendid prose, has given us a wonderful introduction to the process of somatic psychotherapy."

- Thomas Hanna, *Somatics*

"Holistic education, as practiced by Heckler, challenges modern education with its emphasis on cognitive learning and its denial of the wisdom of the body. In this book, Heckler shows with simple, illustrated exercises how to use energies derived from different physical states to deal with both individual and global conflict."

- Lorna Cunkle, *Pacific Sun*

"Using vignettes from his therapeutic work, Heckler gives us a sense of how our experiences shape our body. These stories clearly show that being embodied involves a formative process which organizes our bodily shapes... Heckler maps out a way to contact and shape our somatic rhythms."

- Dan Clurman, *Inquiring Mind*

"Heckler outlines how we respond to nearly all our traumatic life situations in the same way with what he calls our 'conditioned tendency.' He shows how we hold this 'tendency' in each of our bodies as a stance to the world."

-Richard Ditzler, *San Francisco Chronicle*

#### About the Author

Richard Strozzi-Heckler is President of the Strozzi Institute. He has a sixth-degree black belt in aikido and a doctorate in psychology. Dr. Strozzi-Heckler has taught the principles of embodied leadership and mastery to businesses, the government, the military, non-profits, health care professionals, and educators for the last thirty years. He is the author of *In Search of the Warrior Spirit* and the editor of *Aikido and the New Warrior*, *Being Human at Work: Bringing Somatic Intelligence into Your Professional Life*, and *Holding the Center*.

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