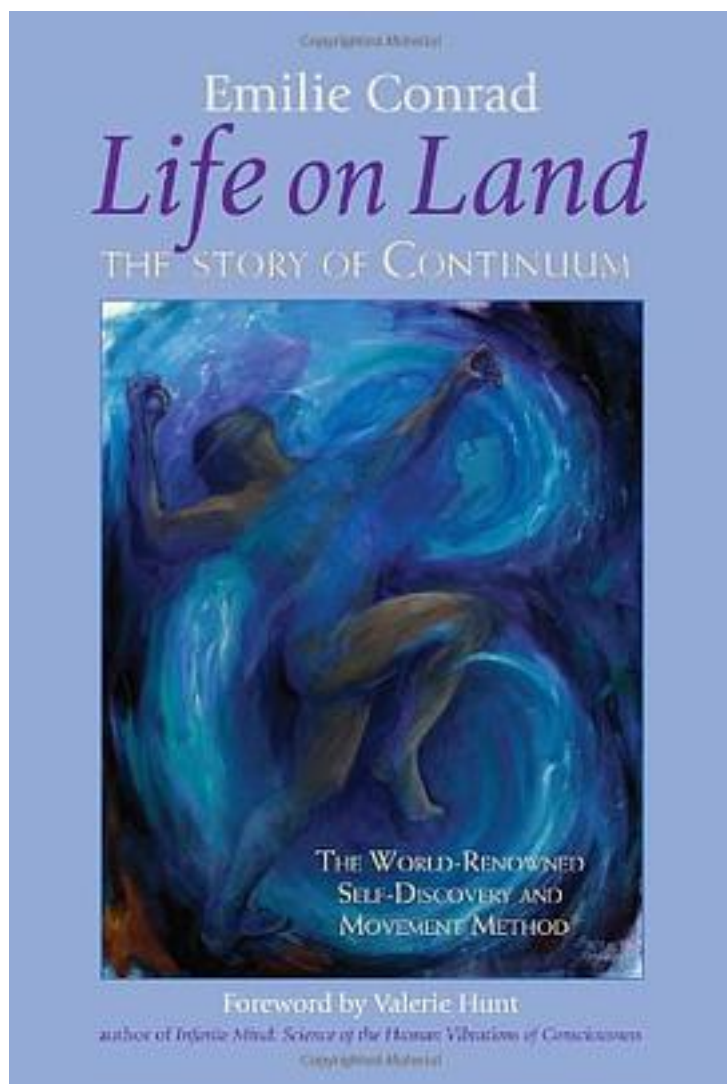


# Life on Land



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著者:Conrad, Emilie

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Emilie Conrad’s approach to movement education, health, and healing is as varied and deeply textured as her life story. In Life on Land, she interweaves the story of her Brooklyn childhood and discovery of dance with the psychic and physical collapse that led to the development of Continuum, her groundbreaking movement and self-realization technique. Readable, poignant, and ultimately triumphant, the book melds Conrad’s unique theories of the body-mind frontier with fearless discussions of Jewish heritage, sexuality, female identity, and social pressures.

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