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Venue:	Doody's Book Review Service
Title:	Book Review: The fluid nature of being: embodied practices for healing and wholeness, Linda Hartley
Date:	2022
Type:	Book Review
Author(s)/ Presenter(s):	Alane Lucht
Abstract (or Book Review):	<p>Description</p> <p>This book is about embodied experiences and practices that can and do help people heal in many ways. It is divided into six parts, each having a focus while offering insight, experiences, and stories from various practitioners in the field of somatics.</p> <p>Purpose</p> <p>The purpose of this book, according to the editor, is to offer insight into the various contributors' work. The chapter authors are part of the Integrative Bodywork and Movement Therapy (IBMT) world. Each contributor has a unique perspective on the impact of their somatic healing journey and shares how others may benefit. The field of somatic psychology and education is growing and changing with each new insight and offering. Therefore, this book lends itself to a growing body of work that will likely be helpful to those who read it.</p> <p>Audience</p> <p>Those most likely to read a book of this type include anyone who is curious about various embodied practices. Students, practitioners, and laypeople would all benefit. The book is written simply enough that the material is accessible to nearly anyone. The editor and all of the contributors appear to be academically and experientially credible. Their credentials range from bachelor's degrees to diplomates and PhDs, but all have an interest in art and movement therapies.</p> <p>Features</p> <p>In the beginning of this book, the foundation is laid for a deeper connection between the physical body and the larger environment. The chapters and contributors then move toward experiences related to each person's physical being and embryological beginnings. Part three speaks to the development of movement and shaping of the self. Then on to how we are nourished and held both by ourselves and others. The book ends with two</p>

sections, each containing multiple chapters about bodywork and trauma as well as healing through dance and artistic expression. Several of the chapters have a sort of mini glossary that is helpful in defining some unique or perhaps unfamiliar terms. Others have a conclusion with final thoughts or suggestions for further work. Each page is visually appealing; some with pictures that add to the work while other pictures do not seem to add relevance to the written material.

Assessment

Since the field of somatics and somatic psychology is so new, there are not many other books available for comparison. This is a unique book with a unique perspective that will appeal to those interested in learning more about various practices and perspectives on the topic. The book is of good quality and is well worth the read for those curious about expanding their understanding of artistic expression and movement therapies.