



Bodystories: A Guide to Experiential Anatomy

Andrea Olsen

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BodyStories is a book that engages the general reader as well as the serious student of anatomy. Thirty-one days of learning sessions heighten awareness about each bone and body system and provide self-guided studies. The book draws on Ms. Olsen's thirty years as a dancer and teacher of anatomy to show how our attitudes and approaches to our body affect us day to day. Amusing and insightful personal stories enliven the text and provide ways of working with the body for efficiency and for healing. BodyStories is used as a primary text in college dance departments, massage schools, and yoga training programs internationally.

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