

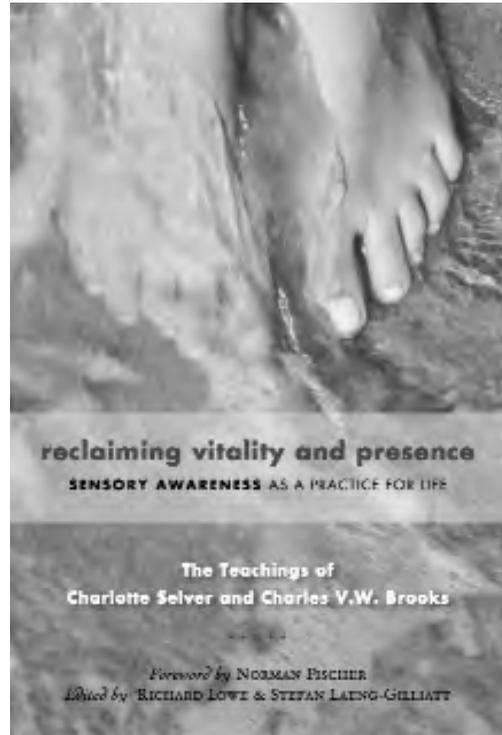
An Important Way You Can Help Us Promote This Work

The publisher of our new book Reclaiming Vitality and Presence suggests that an effective and easy way to get people interested in Sensory Awareness is to get its friends to write short reviews about the book on Amazon.com. The internet and this book are powerful tools that can help us attract new people to the work. Anyone who has purchased a book through Amazon is allowed to write reviews on Amazon's website of any book they sell. Many people "surfing" through Amazon's website base their decisions to buy on the reader reviews they see. Perhaps you have done so yourself..

At last check we had no such reviews written on their web site. To see a sample of what such a review might look like go to the Amazon.com review for our other book Waking Up. Can you help?

Another great way to help promote the book (as well as the work and the Foundation) is for Sensory Awareness leaders to offer book readings in book stores or other settings. A great example is Mary Connelly's report on page 5 of this Newsletter. Such book readings lead naturally into sensing experiments which can only help to deepen peoples' appreciation

Please note: We occasionally share our mailing list with Sensory Awareness Leaders Guild members who offer Sensory Awareness workshops but with no other organizations or individuals. Please let us know if you do not want us to share your address at all.



Reclaiming Vitality and Presence Sensory Awareness As A Practice For Life

"This is a wonderful and welcome expansion of a true classic. It teaches us Charlotte's and Charles' remarkable way to be genuinely alive." -- Jack Kornfield

"This remarkable book is the most definitive account of the life-long work of Charlotte Selver. It speaks articulately of that which is hard to put into words." -- Edward L. Deci

Combining excerpts from Charlotte Selver's workshops with writings from Charles Brooks' book *Sensory Awareness*, no other publication so completely captures the essence of Charlotte and Charles' work. Here is an invitation to wake up and experience life firsthand again, with the freshness and wonder we once had as children—to come back to our senses, and regain the richness of our own lived experience.

Please support our efforts to promote this book and further the practice of Sensory Awareness by asking your local book store and library to carry it.

SAF Publications

1) **A TASTE OF SENSORY AWARENESS**, by Charlotte Selver. An overview of the work, with an edited transcript of a session from the 1987 NY Open Center workshop. 38 pages.

5) **ELSA GINDLER, Vol. 1**. Memorial to the originator of the work we know as Sensory Awareness. Excerpts from Gindler's letters, an article by her, and reports from her students; including Ch. Selver. 44 pages, with photos (1978). *

6) **ELSA GINDLER, Vol. 2**. Memories from Gindler students and an article about Heinrich Jacoby, innovative educator and colleague of Gindler. 44 pages, with photos. *

8) **ELFRIEDE HENGSTENBERG**. This issue embraces her own studies with Gindler and Jacoby, her work with children, and biographical notes. She was closely involved with Emmi Pikler's discoveries. 46 pages, with photos.

9) **HEINRICH JACOBY**. The Work and influence of Gindler's longtime collaborator, summaries of his books, interviews with his students, including his editor and colleague Sophie Ludwig. 46 pages with photos.

10) **EMMI PIKLER**. Dr. Emmi Pikler, Hungarian pediatrician, whose revolutionary practice and philosophy about earliest childhood upbringing has been very influential in Europe. Contains extensive selections from Dr. Pikler's first book, *Peaceful Babies - Contented Mothers*, and a paper by Judith Falk, M.D., then director of the Emmi Pikler Methodological Institute for Residential Nurseries. 48 pages, with many photos of young children.

11) **CHARLOTTE SELVER, Vol. 1**. Sensory Awareness And Our Attitude Toward Life. Collected lectures and texts. Containing: Sensory Awareness and Our Attitude Toward Life; Sensory Awareness & Total Functioning; Report on Work in Sensory Awareness & Total Functioning; To See Without Eyes...; On Breathing; On Being in Touch With Oneself.