

What role does the body play in our personal evolution? Jader Tolja envisions the body as a dynamic condition that opens unimaginable horizons for exploring and getting to know oneself and reality



Jader Tolja
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Embodiment
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Jader Tolja is a doctor, psychotherapist and researcher, dedicated primarily to understanding how different cultural aspects (such as relationships, work, education, fashion and design) change us at a neurological level and how specific physical changes can determine specific psychological qualities. The texts describe what we need to know should we not wish to adapt to our culture, but would like our culture to adapt to us.

The volume *Essere corpo* (Embodiment) is complementary to *Pensare col corpo* (Body Thinking), and written for those interested in understanding the role of the body in personal evolution.

There is a big difference between «having a body», «inhabiting a body» and «being a body» (embodying ourselves). The first expression presupposes a basically utilitarian attitude. The second takes the body as «predefined». The third sees the body as a dynamic condition that opens otherwise unimaginable horizons for exploring and getting to know oneself and reality. This book is about the third.