



Bodies of Knowledge: Embodied Learning in Adult Education: New Directions for Adult and Continuing Education, Number 134 (J-B ACE Single Issue ... Adult & Continuing Education)

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Explore the multiple ways adults learn through their bodies. Embodied or somatic learning is a way of learning that relies on the body's knowledge. Our most basic form of learning in childhood is preverbal; however, traditional schooling forces us to check our bodies at the door, requiring us to sit at a desk and raise our hands, focusing primarily on cognition to the exclusion of other ways of knowing. By the time we reach adulthood, "being in our bodies" is a foreign concept and a source of discomfort for many of us.

This volume challenges the dominant paradigm of how knowledge is constructed and shared. Embodied learning is examined through a variety of practice contexts, including higher education, community education, health care, and the workplace, and through multiple methods, including dance, theater, and outdoor experiential education.

This is 134th volume of the Jossey-Bass quarterly report series *New Directions for Adult and Continuing Education*. Noted for its depth of coverage, it explores issues of common interest to instructors, administrators, counselors, and policymakers in a broad range of adult and continuing education settings, such as colleges and universities, extension programs, businesses, libraries, and museums.

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Jacquelin Vasquez:

On this era which is the greater man or who has ability in doing something more are more special than other. Do you want to become considered one of it? It is just simple method to have that. What you need to do is just spending your time very little but quite enough to get a look at some books. One of several books in the top list in your reading list is usually Bodies of Knowledge: Embodied Learning in Adult Education: New Directions for Adult and Continuing Education, Number 134 (J-B ACE Single Issue ... Adult & Continuing Education). This book which is qualified as The Hungry Mountains can get you closer in getting precious person. By looking upwards and review this publication you can get many advantages.

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