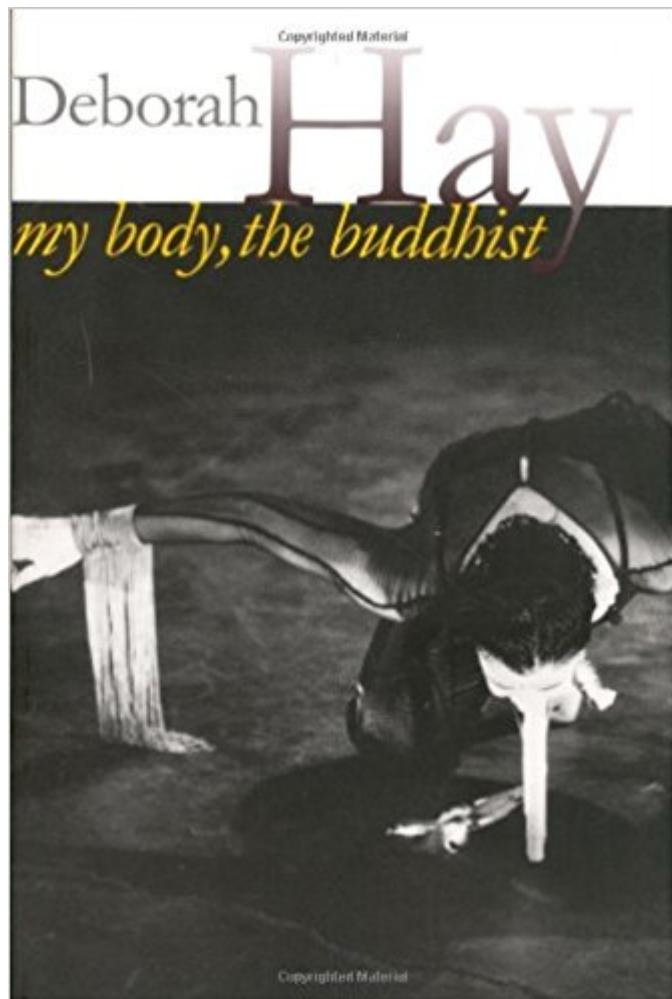


The book was found

My Body, The Buddhist



Synopsis

Through a series of imaginative approaches to movement and performance, choreographer Deborah Hay presents a profound reflection on the ephemeral nature of the self and the body as the locus of artistic consciousness. Using the same uniquely playful poetics of her revolutionary choreography, she delivers one of the most revealing accounts of what art creation entails and the ways in which the body, the center of our aesthetic knowledge of the world, can be regarded as our most informed teacher. *My Body, The Buddhist* becomes a way into Hay's choreographic techniques, a gloss on her philosophy of the body (which shares much with Buddhism), and an extraordinary artist's primer. The book is composed of nineteen short chapters ("my body likes to rest," "my body finds energy in surrender," "my body is bored by answers"), each an example of what Susan Foster calls Hay's "daily attentiveness to the body's articulateness."

Book Information

Paperback: 133 pages

Publisher: Wesleyan; 1st edition (December 1, 2000)

Language: English

ISBN-10: 0819563285

ISBN-13: 978-0819563286

Product Dimensions: 9.2 x 6.1 x 0.4 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #505,136 in Books (See Top 100 in Books) #44 in Books > Arts & Photography > Performing Arts > Dance > Modern #2639 in Books > Arts & Photography > Performing Arts > Theater #41356 in Books > Humor & Entertainment

Customer Reviews

"This book is a fascinating record of what it takes to find a dance. Ms. Hay writes frankly and intimately about looking and seeing; and noticing what many people who work in dance have learned to ignore. I am skeptical of magic, but somehow there is magic in the way she conjures her beautiful dances. A pleasure and a kind surprise." (Mark Morris)

6 1/4 x 9 1/4 trim. 32 illus. 3 figs.

This book is brilliant!!! It was a recommended book and I love Deborah!!

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