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Titolo	My body, the Buddhist / / Deborah Hay ; with a foreword by Susan Foster
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Nota di contenuto	Cover; my body, the buddhist; Title; Copyright; Dedication; contents; foreword; acknowledgments; introduction; 1 my body benefits in solitude; 2 my body finds energy in surrender; 3 my body enjoys jokes, riddles, and games; 4 my body engages in work; 5 my body commits to practice; 6 my body seeks comfort but not for long; 7 my body is limited by physical presence; 8 my body knowingly participates in its appearances; 9 my body likes rest; 10 my body is bored by answers; 11 my body seeks more than one view of itself; 12 my body delights in resourcefulness; 13 my body trusts the unknown 14 my body feels weightless in the presence of paradox; 15 my body equates patience with renewal; 16 my body hears many voices, not one voice; 17 my body relaxes when thoughts abate; 18 my body is held in the present; a chronicle of performance practices
Sommario/riassunto	A premiere choreographer's compelling argument for the agency of the body in creative processes.