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Walking Your Talk: Changing Your Life Through the Magic of Body Language

Lavinia Plonka

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In every movement of our bodies, we express a world of emotions. But our movements don't just reflect our emotions-they directly affect them.

In *Walking Your Talk*, Lavinia Plonka explores the connection between how we move and how we feel. Our movements and body posture are more than just simple expressions of our feelings-they are a powerful factor in our well-being. And changing them can be a crucial first step in altering our emotional behaviors.

Drawing from her years of experience as a movement teacher and Feldenkrais Method(r) instructor, Plonka provides simple exercises, thought-provoking lessons, and real-life examples that help readers better understand the relationship between their movement patterns and their emotional state.

After beginning with an overview of both historical and modern ideas about the correlation between bodily movement and human emotion and expression, Plonka turns theory into practice by addressing each major area of the body-and the emotional baggage held there. Through exploratory exercises, we learn more about:

- how we carry stress-from responsibilities, family issues, and financial burdens-in our shoulders;
- why we "freeze" the pelvis-the bodily center of personal freedom, power, spontaneity, and sexuality; and
- the self-confidence (or lack thereof) we convey through our carriage.

Whether she is examining how a depressed chest can make us feel psychologically depressed, how body language is used to deceive others, or how loosening our pelvis can help us break a lifelong cycle of self-destructive behavior, Plonka is always caring and insightful, guiding readers to a deeper awareness of themselves and how changing their posture has the potential to change their whole lives.

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