



Thinking through the Body: Essays in Somaesthetics

Richard Shusterman

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This book provides a richly rewarding vision of the burgeoning interdisciplinary field of somaesthetics. Composed of fourteen wide-ranging but finely integrated essays by Richard Shusterman, the originator of the field, *Thinking through the Body* explains the philosophical foundations of somaesthetics and applies its insights to central issues in ethics, education, cultural politics, consciousness studies, sexuality, and the arts. Integrating Western philosophy, cognitive science, and somatic methodologies with classical Asian theories of body, mind, and action, these essays probe the nature of somatic existence and the role of body consciousness in knowledge, memory, and behavior. Deploying somaesthetic perspectives to analyze key aesthetic concepts (such as style and the sublime), he offers detailed studies of embodiment in drama, dance, architecture, and photography. The volume also includes somaesthetic exercises for the classroom and explores the *ars erotica* as an art of living.

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