



Anat Baniel Method®

# Media Kit

*FOCUS: NeuroMovement®  
for Adults of All Ages*



[www.anatbanielmethod.com](http://www.anatbanielmethod.com)

## **Anat Baniel Method<sup>®</sup> NeuroMovement<sup>®</sup> for Adults**

A revolution in the area of brain plasticity is currently taking place, with the discovery of the remarkable capacity of the human brain to change itself for the better. Anat Baniel Method<sup>®</sup> (ABM) NeuroMovement<sup>®</sup> is at the forefront of this revolution, helping to make the seemingly impossible possible with thousands of adults of various ages from professional athletes to people with chronic pain and other injuries.

ABM NeuroMovement provides a scientifically based methodology and practical tools for waking up the brain, providing it with the information and conditions to thrive and to powerfully transform limitations into often surprising new possibilities. ABM NeuroMovement has helped people who have suffered strokes, physical injuries, traumatic brain injuries, and other limiting conditions, as well as high-performance athletes, musicians, business people, and other adults move beyond their present limitations to achieve greater energy, strength, health, and success.

Adults, from 18 to their 90's who have been given limited diagnoses, have used ABM NeuroMovement to tap into the incredible power of their brain to change, ultimately transforming their lives in ways not achieved through more traditional therapeutic approaches.

*“Scientists have defined the ‘rules’ governing brain plasticity. Anat Baniel, working in parallel along a completely different path, has defined almost exactly the same rules and interprets them in practical and understandable human terms as the Nine Essentials that should contribute richly to clinical intervention.”* —**Dr. Michael Merzenich, PhD**, “Father” of Brain Plasticity Science & Winner of the 2016 Kavli Prize in Neuroscience

**View the video of Dr. Merzenich discussing Anat Baniel's work and his book *Soft-Wired*:**

<https://youtu.be/TRAALKwKOMs>

**View the video *NeuroMovement<sup>®</sup> Outcomes for Stroke: Tessa David & the Anat Baniel Method*:**

[https://youtu.be/nvvED\\_CIDoE](https://youtu.be/nvvED_CIDoE)

*“Several accidents and difficult child births resulted in severe pain and chronic fatigue that lasted for decades. I searched every field covering every corner of the earth to find a way to heal my body.... What your method of healing was able to achieve, NOTHING was able to achieve. All those ‘presumed’ irreversible damages to my body have disappeared....My body moves with fluency and with grace. I feel strong and have high levels of energy. As a result, emotionally I feel powerful, free, and liberated. This has positively changed my life in so many ways.”*

—**Maria N. from Sydney, Australia**



## About Anat Baniel

### Short Bio

Anat Baniel is founder of Anat Baniel Method® NeuroMovement®, a powerful practice that takes advantage of the brain’s ability to change itself to heal body and mind. Anat’s work is at the forefront of the emerging brain plasticity field, helping wake up the brain to its greater potency for learning and change throughout life.

### Long Bio

Anat Baniel is the founder of Anat Baniel Method® NeuroMovement®, a powerful practice that takes advantage of the brain’s remarkable ability to change itself to heal body and mind. She studied clinical psychology and statistics, was trained as a dancer, and was a close professional associate of Dr. Moshe Feldenkrais. While still living in Israel, Anat worked with wounded war veterans, helping them recover lost mobility, overcome pain and limitation, and experience enhanced well-being.

Over the past 30 years, Anat has helped thousands of people from stroke patients to high-performing athletes overcome pain and reach new heights of performance, both physical and mental. She has seen remarkable outcomes in people with chronic pain, physical injuries, traumatic brain injuries, and limitations due to stroke or aging, as well as in high-performing athletes, musicians, dancers, business people, and others.

Anat’s work is at the forefront of the emerging brain plasticity field, helping wake up the brain to its greater potency for learning and change throughout life. Her innovative, scientifically based approach provides concrete and easy-to-use tools—the *Nine Essentials*—that enable adults (and children) to move beyond their limitations, making the seemingly impossible possible.

Anat is the author of the bestselling book *Move Into Life* and the acclaimed *Kids Beyond Limits*. She has trained hundreds of practitioners in this method. Anat and her team are currently collaborating with neuroscientists and technology experts on developing a neuroscience, neuroplasticity approach to rehabilitation. She and her team work out of the Anat Baniel Method Center in San Rafael, California.



## Photos of Anat Baniel

**Large Portrait for Print** (please download from website):

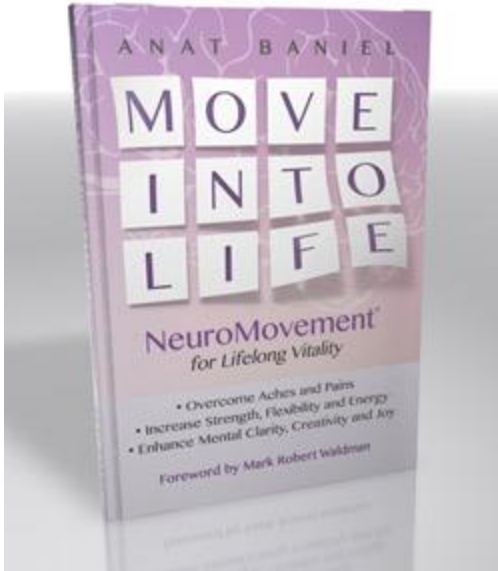
[www.anatbanielmethod.com/wp-content/uploads/2015/07/Anat-Baniel-promo-photo.jpg](http://www.anatbanielmethod.com/wp-content/uploads/2015/07/Anat-Baniel-promo-photo.jpg)





## Anat Baniel Book Image & Information

### Move Into Life: NeuroMovement® for Lifelong Vitality



**List \$16.00 paperback 326 pages Published by  
Crowning Beauty  
2nd edition (February 4, 2016)  
ISBN-10: 1519438885  
ISBN-13: 978-1519438881**

#### **NEWLY REVISED PAPERBACK 2ND EDITION!**

*Through Anat Baniel's detailed and caring guidance, you'll discover how to achieve vitality and a sense of new aliveness that you may have not experienced since your childhood. Anat reveals not only how to overcome present aches, pains, and limitations but how to attain greater flexibility, energy, strength, mental clarity, and creativity—no matter what your age or present physical condition!*

*In the words of bestselling author Larry Dossey, MD, "This book puts living back into life. It is the distilled wisdom of a great guide."*

**View the original author video: [https://youtu.be/OkBCtaZjS\\_8](https://youtu.be/OkBCtaZjS_8)**

*"Anat Baniel shows why our mainstream approach is often wrong and at times damaging. The approach here, far wiser, far more subtle, truly holistic, far more ingenious, far more in accord with how brain development occurs, shows ways to access brain plasticity and yields far greater results."*

**—Norman Doidge, MD**, Bestselling Author of *The Brain That Changes Itself* and *The Brain's Way of Healing*

*"Anat applies the exact same principles when helping people overcome limitation that I used to recover my brain and body from stroke. She understands that for any meaningful change to happen in the way we think, move, and use our body, the change has to happen in the brain."*

**—Dr. Jill Bolte Taylor, PhD**, Neuroanatomist, Bestselling Author of *My Stroke of Insight* and *TED Talk*

*"Powerful, practical strategies for improving your abilities and building a stronger, better brain....supported by the neuroscience of brain plasticity."*

**—Dr. Michael M. Merzenich, PhD**, "Father" of brain plasticity science, Winner of the 2016 Kavli Prize in Neuroscience, Author of *Soft-Wired*

## Testimonials from Professionals

*“Anat’s brilliant and bold Method of teaching led me to the realization that much of what I had taken for granted as the foundation of rehabilitation medical science was neither scientific nor even logical. Her Method is literally a new paradigm from which to understand human movement, human learning, and ultimately human destiny. The Method is effective where other treatments have not been, and it is at times almost miraculously effective where medical science has either given up, or where, out of desperation, painful and often counterproductive measures have become the standard of care. The obvious truth from my medical perspective is that her Method should be widely known.”*

—**Christopher Ryan, MD**, Board Certified in Physical Medicine and Rehabilitation and Holistic Medicine

*“The theory underlying Anat’s work is scientifically based, as well as it is a new paradigm. As a medical doctor I am trained to observe and make sense out of what I see. What Anat does makes complete sense. How she does it is inspiring and often ingenious. I hope to see her knowledge benefit as many people, children and adults, as possible.”*

—**Cheryl Cooper, MD, OD**, Chicago

*“I have observed Anat’s work with severely challenged individuals over a period of more than two decades, and have witnessed transformations that are simply stunning. Over the years, Anat explained to me the premises of her work, and I have become a life-long enthusiast. I am no novice to the field of rehabilitation medicine. My hope is that the Anat Baniel Method, that has evolved from Feldenkrais’ work, will reach the greatest possible audience and that it will become a part of academic teaching, training and research programs in rehabilitation medicine departments and in physical therapy departments in universities in the USA and abroad, and the sooner, the better.”*

—**Dr. Daniel Graupe**, Professor of Bioengineering and Adjunct Professor of Neurology and Rehabilitation Medicine at the University of Illinois, Chicago

*“When I interviewed Anat and later read her book, I was moved and stunned. Anat has a remarkably sophisticated understanding of how the brain changes *IN PRACTICE*; a total connection with the enormous potential of the brain; a detailed and practical understanding of how to recruit learning capabilities, and a framework she has carefully constructed over decades that allows her gift to be *TAUGHT* to trainees.”*

—**Martha Herbert, MD**, Neuro-Pediatrician Mass General, PhD, Clinical Psychology, Harvard Medical School, ABM NeuroMovement® Practitioner, Author of *The Autism Revolution*

## Testimonials from Adults

*“It was Anat Baniel that guided me back to health and performing. Her fantastic intuition and powerful imagination has given her the greatest tools to help mankind. Always guiding with the utmost patience, while clearly presenting how powerful the mind and body creatively work when brought together in harmony.”*

—**Daniel K**, Musician

*"I need to comment on my 5-star outcome from my sessions with Neil, along with my occasional re-runs of Anat's Healthy Backs and Necks video exercises. My once broken back is SOOO much better! My brisk walk/jog routine is for the most part completely pain free—for the first time in 30 years. This is some sort of miracle!"*  
— **Joan Parsons**

*"When we first met at the workshop... I was in terrible pain and feeling very hopeless about the quality of my life. I felt that many of the activities I enjoyed had been taken from me because of my limited movement and pain....I hoped that someday I would be able to play tennis again, something I have done since childhood, but I don't really think I ever expected it to happen. I am so excited to tell you that in the last month I have begun playing tennis again!!"* —**Ann St. Clair**, ABM NeuroMovement<sup>®</sup> Practitioner

**Read the full story *An ABM Practitioner Shares Her Transformation:***

[www.anatbanielmethod.com/anat-baniel-method-training-is-profoundly-life-changing](http://www.anatbanielmethod.com/anat-baniel-method-training-is-profoundly-life-changing)

*"My doctors were amazed at how well I responded to their initial examinations, the pressure and strength I had in my hands and legs. They are also amazed at my quick recovery less than 4 months later."*  
—**Grace L**, 85-year-old woman who had a stroke

**Read the full story *Miraculous Recovery from a Stroke:***

[www.anatbanielmethod.com/miraculous-recovery-from-stroke](http://www.anatbanielmethod.com/miraculous-recovery-from-stroke)

**Read More Stories From Adults:**

[www.anatbanielmethod.com/category/anat-baniel-news/abm-stories-adults](http://www.anatbanielmethod.com/category/anat-baniel-news/abm-stories-adults)

**Learn More About Adults Using ABM NeuroMovement<sup>®</sup>**

View the video Anat Baniel Method NeuroMovement - Treatment for Traumatic Brain Injury, Stroke:

<https://youtu.be/tAqQ4SS14vw>

View the video Dr. Jill Bolte Taylor Taking Anat Baniel Method NeuroMovement Training:

<https://vimeo.com/234075110>

Read the Story of Jack: A Veteran's Rehabilitation and Recovery:

[www.anatbanielmethod.com/adults/recovery-of-function](http://www.anatbanielmethod.com/adults/recovery-of-function)

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*Movement is the language of the brain.*

—Anat Baniel

## Interviews with Anat Baniel

Below are links to several interviews with Anat Baniel.

Dave Asprey Interviews Anat Baniel on *Bulletproof® Radio - The Nine Essential Steps for Peak Brain & Body Performance*:

<https://blog.bulletproof.com/nine-essential-steps-peak-brain-body-performance-anat-baniel-394/>

David Laroche Interviews Anat Baniel - *Take Advantage of Your Brain*: [https://youtu.be/\\_OgPtpizC7I](https://youtu.be/_OgPtpizC7I)

Dr. Robert Melillo Introduces Anat Baniel as a Presenter for the International Association of Functional Neurology and Rehabilitation (IAFNR) Conference 2014: <https://vimeo.com/96858323>

See more interviews with Anat: [www.anatbanielmethod.com/about-abm/anat-baniel-interviews](http://www.anatbanielmethod.com/about-abm/anat-baniel-interviews).

## Speaking Engagements & Presentations

Anat Baniel has spoken and presented at a wide variety of conferences and for professional organizations around the world. View a sampling of these events and the topics:

[www.anatbanielmethod.com/anat-baniel-education-presentations-publications](http://www.anatbanielmethod.com/anat-baniel-education-presentations-publications).

To see the locations for the ABM NeuroMovement workshops that Anat has taught across the US and worldwide, please go to: [www.anatbanielmethod.com/events/list](http://www.anatbanielmethod.com/events/list)

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*ABM NeuroMovement helps upgrade the quality of the functioning of any brain.  
That is why it is useful across all age groups and so many different conditions and needs.*

—Anat Baniel



## What Is NeuroMovement®?

NeuroMovement® is a holistic approach to human functioning and action, based in the understanding that movement is the language of the brain. Movement provides information the brain needs to grow and organize itself. And, in return, the brain organizes all movement, thought, feelings, and action.

Movement includes not only movement of the body in space—the movement of the skeleton and muscles—but also the movement of thinking, emotion, and feelings. All action involves movement in all aspects of the self.

## NeuroMovement® Takes Advantage of Brain Plasticity

Decades of research done by thousands of neuroscientists has shown that the brain can change itself.

The brains of infants and children are extremely changeable needing to form all the brain patterns associated with voluntary action. Their brains are constantly expanding and mapping new territory.

The science of brain plasticity shows how, under the right conditions, the adult brain can also restructure itself in remarkable ways.

Even the birth of new brain cells can occur in adults, as well as children, something believed impossible not too long ago.

**The human brain is incredibly plastic—it changes itself extremely rapidly through its experiences of movement throughout life.**



## The Nine Essentials of the Anat Baniel Method® (ABM) Transform Your Life through NeuroMovement®

### 1 – Movement with Attention

**Bring attention** to what you *feel* as you **move**. Your brain will immediately start building billions of new neurological connections to help you change, learn, and transform.

### 2 – Slow

**Slow way down** to learn new skills and overcome limitations. Fast you can only do what you already know. Slow stimulates the formation of rich new neural patterns.

### 3 – Variation

**Introduce variation and playfulness** into everything you do. Your brain will get the information it needs to create new possibilities in movements, thoughts, and actions.

### 4 – Subtlety

**Reduce the force** with which you move, think, and act. Developing greater sensitivity will enhance your brain's ability to perceive the finest of differences.

### 5 – Enthusiasm

**Practice enthusiasm** in your daily life. Enthusiasm tells your brain what is important to you, amplifying whatever that is and infusing it with energy to grow more.

### 6 – Flexible Goals

Know your goals and **embrace all the unexpected steps, mis-steps, and re-routes** along the way. These are a rich source of valuable information for your brain.

### 7 – The Learning Switch

For the brain to properly do its job, the learning switch needs to be turned ON. **Expect that you will do, think, or learn something new** in each situation, even familiar ones.

### 8 – Imagination & Dreams

**Imagine how** to carry out your tasks and **dream up** as **many possibilities** as you can. Imagination & dreams guide your brain to continue growing and developing.

### 9 – Awareness

**Become aware** of what you are doing, sensing, thinking, and experiencing **at any given moment**. When you are *awaring*, your brain is working at its highest level.

## The Nine Essentials Are Validated by Neuroscience

The [Nine Essentials](#) are validated by modern science's latest discoveries in the area of [brain plasticity](#)—the brain's ability to change and grow new neurological pathways and connections throughout life. View the [research that supports the NeuroMovement principles of the Nine Essentials](#) of the Anat Baniel Method.

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*With the Essentials, the brain becomes a brilliant problem solver, leading to breakthroughs in movement, pain relief, and performance.*

—Anat Baniel

## Other Books by Anat Baniel

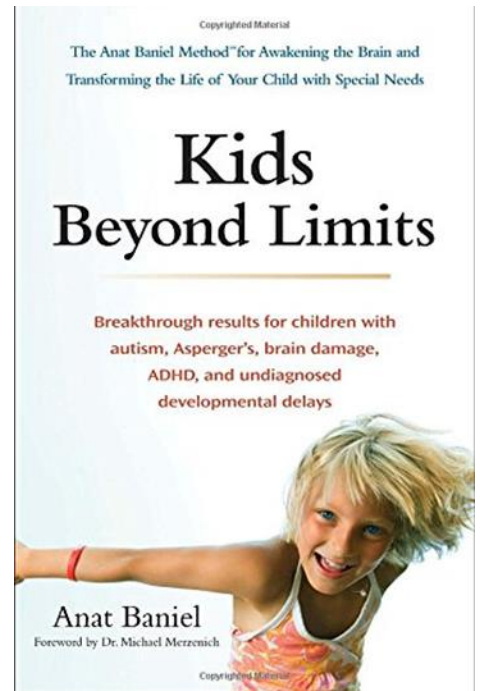
### Kids Beyond Limits

Perigee Books; Original edition (March 27, 2012)  
ISBN-10: 0399537368 ISBN-13: 978-0399537363

*Anat Baniel's scientifically based, cutting-edge work has been transforming the lives of children with special needs for more than 30 years. This practical and informative book describes how to apply her Nine Essentials to deepen your understanding of what your child needs to overcome special challenges and dramatically improve his or her emotional, intellectual, and physical abilities.*

*Anat Baniel's NeuroMovement® approach is truly holistic and in accord with how the brain grows. Discover why Anat wins praises of parents, children, and professionals, and how you can apply her approach to help your own child.*

View the video: <https://youtu.be/35yb28drE8l>



## CONTACT INFORMATION

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