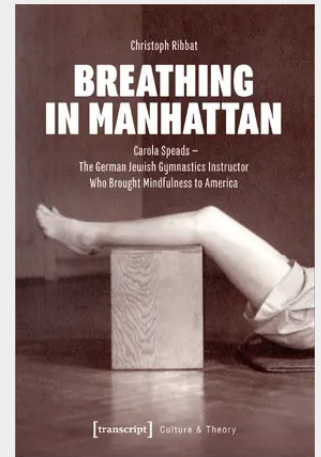


Ribbat

Breathing in Manhattan

Carola Speads – The German Jewish Gymnastics Instructor Who Brought Mindfulness to America

In 1938 gymnastics instructor Carola Spitz escaped from Nazi Germany. In New York she turned into Carola Speads, revered teacher of mindfulness. She breathed with clients in her Central Park West studio until she was 97 years old. Now Christoph Ribbat combines her gripping biography with the histories of modern bodywork and breathing experiments. He illuminates the tension between self-help fads and 20th century catastrophes. Accessible and quirky, Breathing in Manhattan speaks to experts and non-experts alike: to readers of Jewish history, students of New York City, and to anyone attracted by – or skeptical of – the promises of mindfulness.



28,00 €

26,17 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9783837667097

Medium: Buch

ISBN: 978-3-8376-6709-7

Verlag: transcript

Erscheinungstermin: 06.04.2023

Sprache(n): Englisch

Auflage: 1. Auflage 2023

Serie: Edition Kulturwissenschaft

Produktform: Kartoniert

Gewicht: 219 g

Seiten: 134

Format (B x H): 148 x 225 mm

