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Life on Land: The Story of Continuum, the World-Renowned Self-Discovery and Movement Method

Emilie Conrad

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Emilie Conrad's approach to movement education, health, and healing is as varied and deeply textured as her life story. In *Life on Land,* she interweaves the story of her Brooklyn childhood and discovery of dance with the psychic and physical collapse that led to the development of Continuum, her groundbreaking movement and self-realization technique. Readable, poignant, and ultimately triumphant, the book melds Conrad's unique theories of the body-mind frontier with fearless discussions of Jewish heritage, sexuality, female identity, and social pressures.

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