

Topic Index for Thomas Hanna's Archived CD Course Lectures, 1990

Compiled by John Loupos H.S.E., M.S. 10/09

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Hi there fellow Somatics practitioners,

As a certified HS practitioner I have taken full advantage of Tom Hanna's original CD lecture series. After several times listening through the entire series the thought occurred to me that I might do our community a service by creating a quick reference Index so as to 'streamline' the listening process for other members (49 CDs, after all, does make for a lot of listening). This index contains somewhere on the order of 1000 citations, so I expect it'll be comprehensive enough to be of some use if ever you need or want to review some salient point or cite a particular quote without needing to listen to each and every CD all over again, making accessing relevant information a whole lot quicker and easier for you.

Topics are indexed in more or less detail according to the uniqueness or saliency of the information. Topics of 'common knowledge' or covering information readily available elsewhere have not been parsed out in the same detail as original ideas from Tom Hanna, or information immediately relevant to HSE.