Moving Bodies

Increasingly, we have come to live in our heads, leaving our bodies behind. The consequences have been as far-reaching as they have been devastating. This book employs several case studies – kings performing in ballets, sea captains dancing with natives, nationalists engaged in gymnastics exercises – to explain what has been lost. These curious movements, we will discover, were ways to be, to think, to know, to imagine, and to will. They highlight the limits of historical explanations focusing on cultural factors and question currently fashionable “cultural” and “post-modern” perspectives. Returning to our bodies and their movements enables us not only to explain historical actions in a new way, but also to understand ourselves better.

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Moving Bodies
Embodied Minds and the World That We Made

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CONTENTS

Acknowledgments vii

I Moving Bodies 1
  Five Vignettes 2
  Cultural Explanations 6
  Against Interpretation 8
  The Body as Object 11
  Being Alive 14
  Intentional Content 17
  In the Mood 19
  World-Making 22

II Being 25
  To Be 26
  A Ballet in Münster 28
  The Theater State 33
  To Be or Not to Be 37
  Dancing into Place 40
  The Stately Quadrille 44
  Actors on the World Stage 48
  A World Comes into Being 52

III Thinking 54
  To Think 55
  Aesthetic Objects 58
  Thinking as Reasoning 62
  Romantic Ballet 74
  A World Rethought 77

IV Knowing 80
  To Know 81
  Dancing with Strangers 84
  Getting Acquainted 88
  Dancing in Vienna 92
  Colonial Administrators Don’t Dance 97
vi / Contents

Civilized Dancing 100
Colonized People on Display 105
A World Known 107

V Imagining 110
To Imagine 111
Turnplatz Hasenheide 115
Commanded by the State 118
A Return to Nature 122
Social Movements 125
Marching for Independence 127
Watching the Olympics 130
A World Imagined 134

VI Willing 136
To Will 137
An Affliction of the Nerves 143
A Question of Willpower 148
Colonial Adventures 151
Toy Soldiers Going to War 155
Self-Determination 160
A Will in the World 163

VII The World That We Made 165

Notes 172
Index 209
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