Felt Sense: Writing With The Body

Sondra Perl

In Felt Sense: Writing with the Body, Sondra Perl says: We need to learn how to slow down, pay attention to our bodies, and relax, and listen attentively to what. Felt Sense in the Composition Classroom: Getting the body sense is unclear and vague at first, but if you pay attention it will open up into words or images and you experience a felt shift in your body.