

THE LIQUID ACCORDION

A Somatic and Embodiment Primer for Coaching In, With, and Through the Body
for Coaches and Leaders - by **Croft Edwards, MCC**



A Practical Guide to Somatic Coaching

Coaches often focus on language and strategy while the body shapes the deeper currents of perception and action. Breath, posture, tension, sensation, emotional tone, and physical readiness all influence how people interpret their experience and how they respond to it.

The Liquid Accordion offers a clear, grounded way to work with the somatic dimension. Croft Edwards walks readers through why the body matters, what to pay attention to in themselves and others, and how to build embodied practices that bring this work into everyday coaching and life.

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What this book helps you do



Notice shifts in breath, posture, and body in every interaction



Help clients see their patterns and explore new ways to show up



Use somatic practices to bring deeper awareness and choices



Stay centered yourself and share that skill with the people you support

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Croft's new book fills a gap that has lingered in this field for a long time. Many talented practitioners have written about the body, yet I have not seen another book that accomplishes what *The Liquid Accordion* achieves. Croft offers an accessible primer for readers at any level who want to understand how the body shapes emotion, thought, and interpretation, and how those same forces shape the body in return. He presents clear frameworks, new distinctions, and practical methods that can be used immediately. He also shows readers how to care for themselves and others with greater intention. Coaches, leaders, parents, partners, and anyone seeking deeper insight will find lasting value in these pages.

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Chalmers Brothers,
author of *Language and the Pursuit of Leadership Excellence*

About the Author

Croft Edwards holds the Master Certified Coach credential from the International Coaching Federation. He leads CROFT + Company and has coached leaders and teams in mining, manufacturing, government, healthcare, education, technology, and high-growth environments for more than twenty years. His work centers on embodied presence, clarity of purpose, and leadership that supports meaningful action.

The Liquid Accordion reflects two decades of guiding clients who want to understand themselves and others with deeper awareness and insight.



Croft Edwards, MCC

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