

teach
yourself

alexander technique

goal:
practical introduction

category:
health

content:

- understand the basic principles
- get the information to make informed decisions
- find the right remedy for you

be where you want to be with teach yourself



Teach Yourself Alexander Technique Teach Yourself

Alice Muir



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Relaxation Techniques: Teach Yourself Alice Muir, 2010-07-30 The ultimate user friendly comprehensive relaxation guide Learn effective relaxation techniques with this complete guide to feeling good and beating stress You will discover a wide range of different techniques from muscle relaxation to visualization from soothing sounds to calming breathing so you re bound to find something that works for you This new and updated edition features free audio with practical exercises on physical and mental relaxation breathing and even basic meditation available from library teachyourself com Relaxation Techniques includes Chapter 1 Relaxation a skill with a long history Chapter 2 Relaxation stress and tension explained Chapter 3 Coping with stress and tension Chapter 4 Vulnerability to tension or stress Chapter 5 Relaxing your body Chapter 6 Relaxed body language Chapter 7 A relaxed mind and calm thinking Chapter 8 Relaxing mind and body together Chapter 9 More alternative and complementary therapies Chapter 10 Making the most of the internet and modern technology Chapter 11 Relaxation and your feelings Chapter 12 Relaxation in situations Chapter 13 Relaxation and your mood Chapter 14 What now Relaxation as a way of life

Have A Happy Pregnancy: Teach Yourself Denise Tiran, 2010-01-29 Have a Happy Pregnancy is a comprehensive guide not only to what to expect and when to expect it but also to developing a confident assertive and empowered approach to your pregnancy and your life as a new parent Divided into sections covering early days pre and post conception the pregnancy and the birth it will explain all the facts and outline all the choices available to mothers fathers and birth partners at every stage It will also offer practical advice and reassurance on the changes which will inevitably be taking place not only physically but also emotionally and socially It offers support for both mother and father and uniquely gives you all the information you need to know after the birth including strategies for feeding and how to cope with the return to work With plenty of supporting resources and a supportive tone throughout it will help you to feel positive and confident about your pregnancy NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author s many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of how to achieve a happy pregnancy FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you ve learnt and how to use it

Beat Stress With Meditation: Teach Yourself Naomi Ozaniec, 2010-01-29 It has been scientifically proven that meditating for just 20 minutes a day a few days a week can reduce anxiety and stress dramatically and this book shows you how to do just that whatever your spiritual and religious beliefs It will introduce you straight away to the practice of meditation showing you a whole series of different exercises so you re sure to find one that works for you and will help you to understand the link between body brain and why meditation works NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of

instant help with common problems and quick tips for success based on the author's many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of meditation FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you've learnt and how to use it

Alexander Technique Richard Craze, 2003 This is a complete no nonsense guide to one of the most popular alternative therapeutic approaches to stress relief and enhanced physical and psychological well being Teach Yourself Alexander Technique explains who can actually benefit from this unique system of spinal realignment You get practical exercises accompanied by clear well illustrated step by step instructions You will also learn about the origins and evolution of the Alexander Technique and how it came to be practiced around the world The Alexander Technique Resource Book John B. Harer, Sharon Munden, 2008-12-24 The Alexander Technique is a hands on educational method that helps individuals learn how to eliminate tension in the body caused by habitual limitations in the way they move and think The health benefits of the Alexander Technique are both physical and emotional It improves balance posture and stamina and has been shown to improve cognitive functions And it was practiced and endorsed by renowned philosopher and educator John Dewey The Alexander Technique Resource Book provides guidance and information that aids in studying the technique and locating sources for further research in the field It contains information on print audio video and web based resources and includes a description of the basic principles and benefits of the Alexander Technique This book benefits students scholars and researchers as well as musicians actors and athletes looking to enhance performance in physical activities It is a helpful resource for anyone seeking information on alternative and complementary medicines like the Alexander Technique

Teach Yourself Relaxation Richard Craze, 1998-01-11 **Teach Yourself - Pilates** Matthew Aldrich, 2004 A guide to Pilates exercise techniques *Beat Back Pain with the Alexander Technique* Richard Craze, 2010-01-29 The Alexander Technique is now proven to overcome back pain and is recommended by the NHS to sufferers Buying this book might save you a visit to your doctor but more importantly will give you a simple no nonsense step by step guide to how to use this technique It makes the physical facts easy to understand and the spiritual aspect straightforward with simple language making sure that you benefit from better mental health as well as a pain free life NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author's many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of the Alexander Technique FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you've learnt and how to use it **How You Stand, How You Move, How You Live** Missy Vineyard, 2008-03-24 The Alexander Technique AT is a remarkably simple but powerful method for

learning to skillfully control how your brain and body interact allowing you to better coordinate your movements while increasing the accuracy of your mind's thoughts and perceptions Now in *How You Stand How You Move How You Live* leading Alexander Technique master teacher Missy Vineyard sheds a completely fresh light on this revolutionary method and in the process offers path breaking insight into the mind body connection Vineyard thoroughly explains and teaches the central skills of the AT through simple self experiments and she offers engaging stories of students in their lessons to show its effective application across a range of disciplines including the performing arts athletics health psychology and education *How You Stand How You Move How You Live* introduces us to a world within ourselves that we know surprisingly little about and thereby helps us to understand why we often cannot do what we should be able to do why we harm ourselves with chronic tension and anxiety and why our thoughts often seem beyond our control Vineyard is also the first AT teacher to draw on cutting edge research in neuroscience and to synthesize those findings with AT theories and techniques She fully illuminates the benefits to be reaped by mastery of the Alexander Technique which include Release from acute or chronic physical pain Enhanced mental attention and focus Reduced anxiety Improved balance and coordination Relief from tension and stress Increased ease and efficiency performing precise movement skills [The Alexander Technique](#) John Gray, 1991-11-15 The Alexander Technique is a proven process of mind and body reeducation that reduces stress and muscle tension and revitalization those who practice it Used by many actors athletes and dancers the technique can help anyone increase his or her energy and achieve a more dynamic presence Written by a veteran instructor of the Alexander Technique this authentic and easy to follow guide allows everyone to learn the increasingly popular program with clear instructions for each exercise and dozens of helpful photographs that show correct and incorrect positions to use for the exercises and throughout the day

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