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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

ML Morrison



Teach Yourself Alexander Technique:

Body Learning Michael Gelb, 1981 How to Learn the Alexander Technique Barbara Conable, 1991-10-01 **Body Learning: 40th anniversary edition** Michael J. Gelb, 2013-07-08

Body Learning has been a steady bestseller since it was first published in 1981. This updated 40th anniversary edition confirms its status as the classic work on the Alexander Technique. The Alexander Technique is now recognized the world over as the most revolutionary and far reaching method ever developed for maintaining the coordination and efficiency of the human body. It is not only a means of putting us in touch with our bodies but also a way of deepening our perceptions and general well being. Its effects on all aspects of living and learning are profound. Body Learning provides a simple clear answer to the question: What is The Alexander Technique and how can it help me? Michael J. Gelb provides inspiration and guidance to newcomers to the technique and conveys a full understanding of the complex mental and physical dynamics involved. The approach to learning and the techniques outlined in Body Learning transformed my life. Read and practice and Michael Gelb's profound message will transform yours. Tony Buzan author of The Mind Map Book Principles of the Alexander Technique Jeremy Chance, 2013-01-15

This introductory guide presents an overview of the Alexander technique which teaches us how to co-ordinate mind and body effectively so that our thinking is clarified and our movements become naturally lighter. Encompassing everything from teaching lineages to how to find a practitioner it provides all the key information on the topic *The Alexander Technique Resource Book* John B. Harer, Sharon Munden, 2008-12-24

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