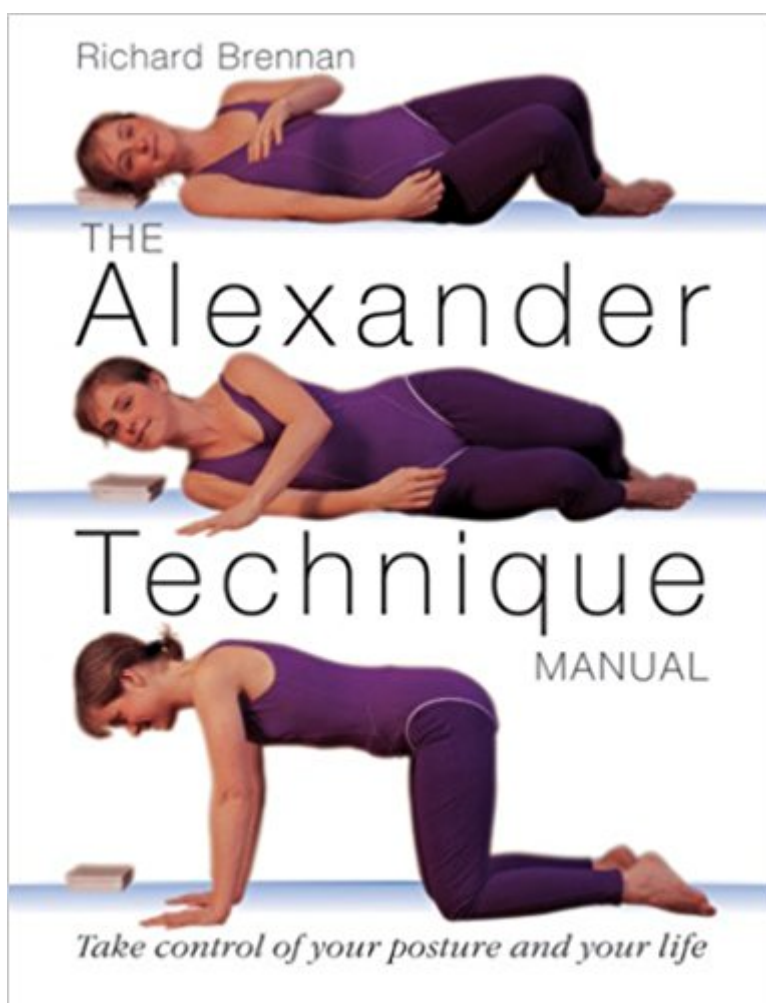


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# The Alexander Technique Manual: Take Control Of Your Posture And Your Life



## Synopsis

The Alexander Technique is a simple yet profound way to release muscular tension throughout the body. It teaches us new ways of sitting, standing, and moving that put less stress on the bones and joints and help us move more gracefully. Developed by Fredrick Matthias Alexander, this technique explores the physical law of cause and effect and applies it to everyday common ailments. The Alexander Technique Manual explains how to reduce stress levels to achieve a happier and more fulfilling lifestyle and reveals how Alexander made his unique discoveries. Simple step-by-step instructions aided by specially commissioned color photographs will enhance your understanding of the underlying principles of the technique. Special sections covering a wide range of sports as well as pregnancy and childbirth make this simple yet comprehensive book a must for anyone wishing to improve their lifestyle. The Alexander Technique Manual will help you move through life with greater ease. \* A step-by-step guide to improve breathing, posture, and well-being. \* The first complete color-illustrated guide to this world-famous technique. \* Written by an established author in this field.

## Book Information

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## Customer Reviews

Richard Brennan explains coherently how the Alexander Technique can help to release muscular tension. The demonstration photographs are particularly good and compliment the text. If you suffer from back pain or muscular tension of any sort, the Alexander Technique is worth a try and this is the book to introduce you to it."The Irish Times

What lifts The Alexander Technique Manual way out of the ruck of other self-help books is the exceptionally good colour photography - including

multi-exposure ones to express movement. It is a pleasure to look at and amply justifies the big format, making the book both attractive and remarkably good value. Books Ireland This book is illustrated with tons of glorious full-colour step-by-step photographs on nearly every page. Each one successfully communicating the subtle movements visually, which means the reader can actually understand how the technique works. This manual is guaranteed to help you to discover its full potential." Here's Health Excellent and beautifully-illustrated guide to the Alexander technique of postural (and emotional) realignment to combat the abuses we unconsciously heap on our skeletons and muscles daily. This book stands out not only for leading practioner Richard Brennan's clarity of expression but also for its thoughtful explanations and application of the technique to special situations - playing musical instruments, pregnancy and birth, driving, and during sport. You need lessons from a qualified teacher to start with, but this book is an excellent initial overview and offers support during and after training. (Kirkus UK)

Richard Brennan is a fully qualified teacher of the Alexander Technique and runs a busy practice in Galway, Ireland. He also holds courses and gives talks throughout Europe and has been a pioneer in bringing the Technique to a worldwide audience. He lives in Galway, Ireland.

Excellent book to learn the basics of the Alexander Technique. This is my first real introduction to the technique and this book is terrific. While it repeatedly says you really need a teacher to truly learn this (and I can see why), the information and photos in this book are helpful in and of themselves. Have been able to put some of the basics described into my life and it really is amazing.

Provides instruction and guidance for moment-by-moment balance and awareness, much like an extension of zazen and yoga to walking, running, standing, sitting, child-birth, turning on a light switch. Simple instructions like 'picture any action the instant prior to doing it.' This also dispels such notions about the Alexander Technique as doing-a-movement 'right'. It has nothing to do with Right or Wrong, just with aware living each moment.

I like this book. I am new to this technique. I am by personalty an up tight person. This technique is helping me learn to relax in ALL my activities. It is changing my attitude also.

I love all Alexander books, learn something new each time I read one.

A good aid in trying to figure out just what the Alexander Technique is.

Good

Another great book to supplement my Alexander Technique sessions each week. It's made a big difference in my feeling of well being and my posture has definitely improved.

This is one of the best Alexander Technique books I have seen in the 30 years I have been interested in the technique. The author is an Irish Alexander teacher and trainer of other Alexander teachers. I have put into immediate use some of the exercises in the book and it has helped me dramatically. I very highly recommend this book!

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