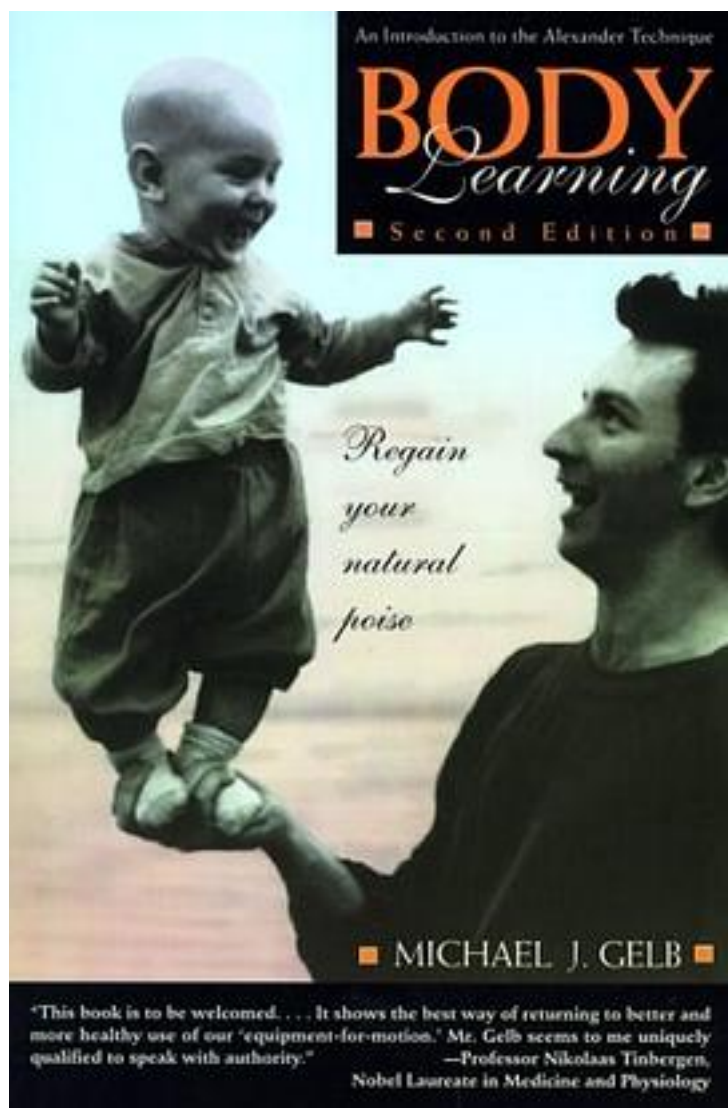


Body Learning



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This new, fully revised and updated edition confirms "Body Learning"'s status as the classic work on the Alexander Technique for maintaining the health and efficiency of the body.

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