

# The Alexander Technique



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The Alexander Technique, a revolutionary method of bodywork pioneered by the late F.M. Alexander, provides the key to successful body dynamics. Now, in this updated and revised edition, Wilfred Barlow's classic guide to Alexander's work explores every phase of the technique. Today, the Alexander Technique has a world-wide following and is respected as a major contribution to the fields of medicine, education, and psychiatry. Barlow, the foremost exponent and teacher of Alexander's work, explains how your mental, physical, and sexual well-being are affected by the way you use--or misuse--your body. He shows you how to reduce mental stress and muscular tension by becoming more aware of balance, posture, and movement in everyday activities.

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