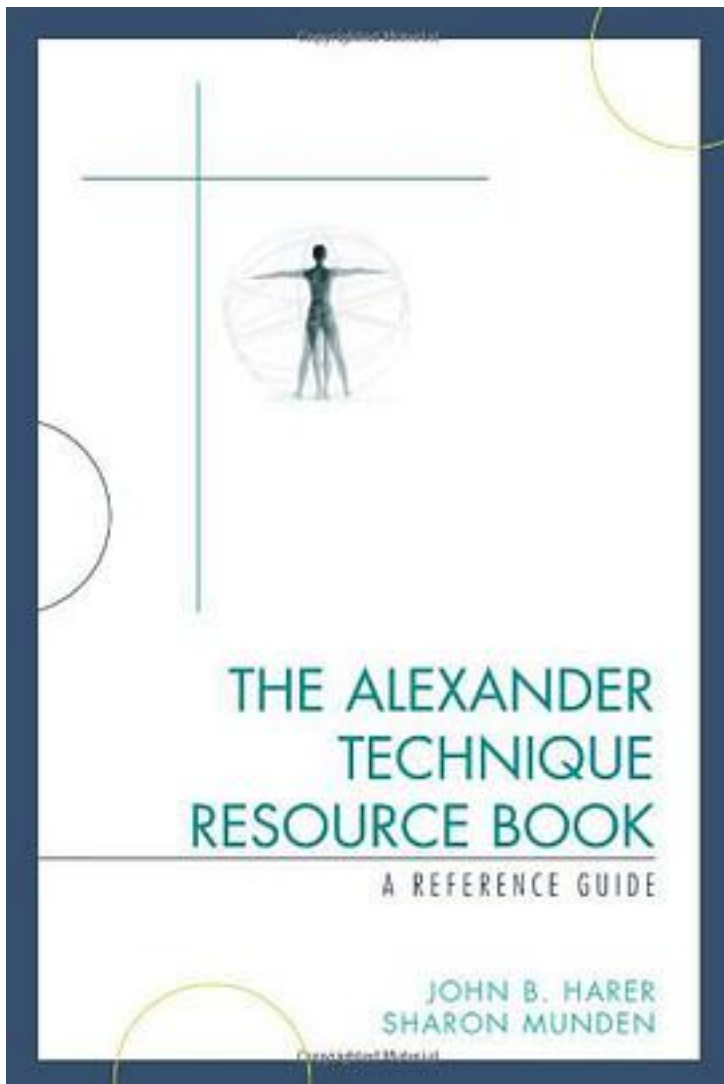


The Alexander Technique Resource Book



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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.

作者介绍:

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