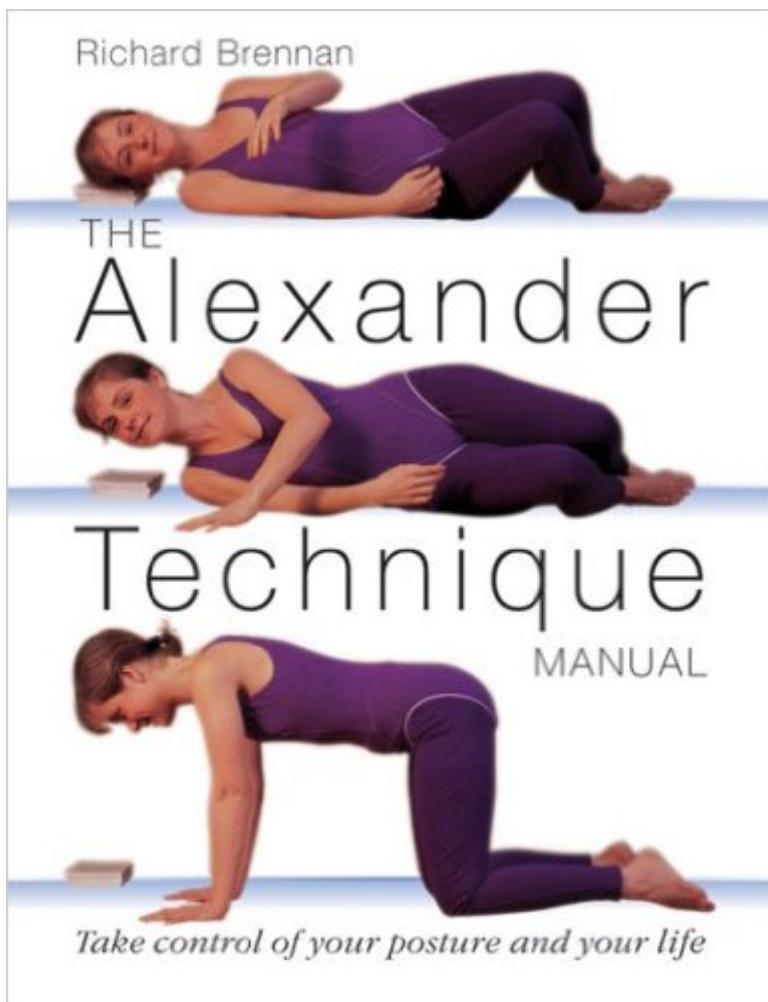


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# The Alexander Technique Manual: Take Control Of Your Posture And Your Life



## **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**

This book was a big disappointment. From the title and the other customer's review, I assume that it really was a step-by-step guide to achieving at home the good breathing and posture habits that one learns in private lessons. I have taken many lessons from a wonderful teacher, and thought this would help supplement my lessons through home maintenance. Well, this book is nothing more than a very basic intro to which areas of life Alexander can be applied. It says the same thing over and

over - how great poise and good breathing can be for sitting, standing, golf, dance, singing, pool. I would think that your average person who has purchased this book would have already made up their mind that Alexander was a good thing and wouldn't need a glorified, extended promotional pamphlet to confirm this. There are about 8 pages in the whole thing that give you some tips on self-evaluation and positioning, but other than that, it is really not of much practical use. Yes, there are many photos of people "before and after" Alexander in particular positions, but that wasn't enough for my \$13. If you are looking to see how Alexander can be applied to your life, maybe then this book would provide some value, but in truth, the Gelb book does a better job doing that anyway.

This is a great book for anyone who has heard about the many benefits of the Alexander Technique and would like to find out what it is. The Alexander Technique is often described in very mysterious terms when, in fact, it's quite a simple and practical process. And a very powerful process of self-transformation. Brennan's book is particularly valuable for the newcomer because of its great photographs. They say a picture is worth a thousand words and this is certainly true for explaining the ideas of the Alexander Technique. The book also shows how the Alexander Technique can help with various specific activities. It also has some very interesting case histories. If you have an interest in learning more about the Alexander Technique, I'd get this book. Two other good introductions are "Body Learning" by Michael Gelb and "Fitness Without Stress - A Guide to the Alexander Technique" by Robert Rickover.

Any who struggle with posture issues will find THE ALEXANDER TECHNIQUE MANUAL: TAKE CONTROL OF YOUR POSTURE AND YOUR LIFE goes beyond the usual admonitions and shows how to release muscular tension, learn new ways of sitting, standing and moving, and relieve common aches. Large color photos show how individuals can achieve their own chiropractic-type adjustments, increase sensitivity to movement choices, and learn new techniques. Both health libraries and general-interest collections will find this invaluable.

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!

Good book as an introduction to the Alexander Technique but was a bit of a bore to read. This is the

only book my professor chose not to use again next semester so maybe he picked up on this too. Overall, a decent book. It did have many pictures which are nice when learning the Alexander Technique.

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.

A great book for people who is looking for an introductory material about "the Alexander Technique" but, if you want to learn more you will need something else. Pros: Great pictures, easy to understand even if you don't know anything about the technique, the technique itself seems to be great. Cons: It is actually a basic introductory book, not a real manual. Only a few do-it-yourself tips.

This was an excellent book for someone like myself who was looking for literature that would enable me to get significant benefit from the Alexander technique without taking lessons. My goal was to apply the technique to piano which I am trying to relearn in my senior years. What I learned in the book is helping me a lot.

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