

# Teach Yourself Alexander Technique



This is a complete, no-nonsense guide to one of the most popular alternative therapeutic approaches to stress relief and enhanced physical and psychological well-being. Teach Yourself Alexander Technique explains who can actually benefit from this unique system of spinal realignment. You get practical exercises accompanied by clear, well-illustrated, step-by-step instructions. You will also learn about the origins and evolution of the Alexander Technique and how it came to be practiced around the world.

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