



## The Alexander Technique: A Skill for Life

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**The Alexander Technique: A Skill for Life** By Pedro de Alcantara

The challenges of modern life are best met with poise, alertness, and nimbleness of mind and body. These attributes are our birthright, as demonstrated by every child at play. As adults, however, we tend instead to be hurried, inattentive, and stiff of mind and body. The Alexander Technique is an effective way of re-discovering our natural freedom, which is characterized not so much by what we do but by what we refrain from doing, and its resulting health and well-being.

*The Alexander Technique: A Skill for Life* explains the principles of the Technique and uses testimonials, case histories, photos, and line drawings to illustrate its applications to medicine, personal relationships, sports and exercise, and the performing arts.

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