

How You Stand, How You Move, How You Live:

Testimonials...

Subtitled, "Learning The Alexander Technique To Explore Your Mind-Body Connection and Achieve Self-Mastery", this groundbreaking book shows how the Alexander Technique can empower you to better understand yourself and teaches broadly applicable skills for life-long change and self-mastery.

The Alexander Technique is a simple but powerful method that teaches you to explore your brain-body connection, enabling you to move your body more skillfully, while increasing the effectiveness and accuracy of your mind's thoughts and perceptions.

The book explains and teaches the central skills of the Alexander Technique through simple self-experiments. It offers engaging true stories of students in their lessons that show how the technique can be applied across a wide range of disciplines from the performing arts, athletics, and health to psychology, education, and fitness.

How You Stand, How You Move, How You Live introduces you to a world within yourself that you may know surprisingly little about, helping you to better understand why you may not be able to do what you should be able to do, how you may be harming yourself with self-generated tension and anxiety, and why your thoughts and feelings can often seem beyond your control.

The book draws on cutting-edge research in neuroscience to synthesize a new theory of the Alexander Technique, explaining why it is remarkably effective for changing self-limiting behavior and giving you greater control over yourself and how you live.

Learn how to:

- Relieve acute or chronic pain
- Enhance mental attention and focus
- Reduce anxiety
- Improve balance and coordination

- Reduce tension and stress
- Increase ease and efficiency as you perform movement skills
- Overcome and prevent musculoskeletal injury
- Increase self-awareness and self-knowledge

Read testimonials from other buyers of this book...