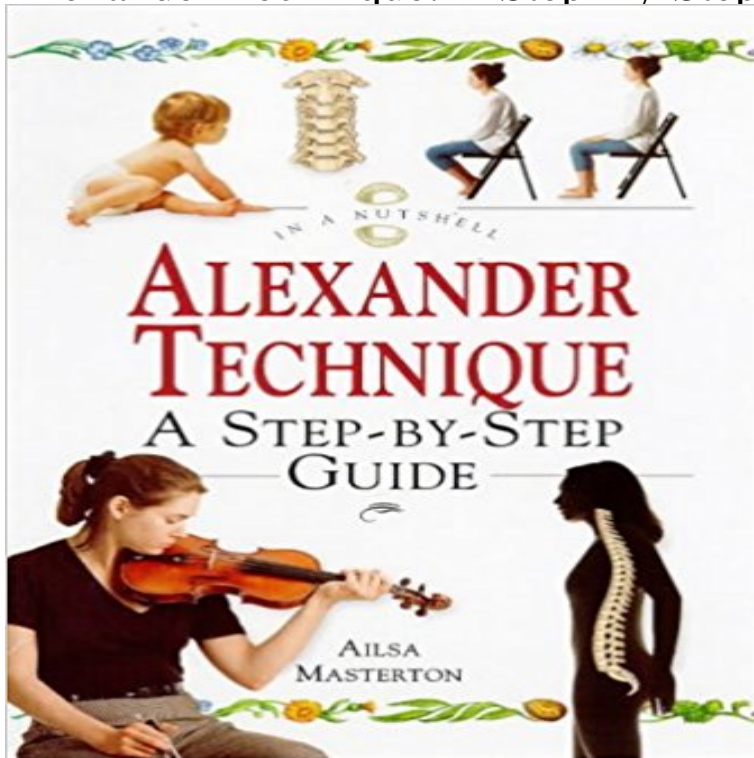


## Alexander Technique: A Step-By-Step Guide (In a Nutshell (Element))



Keeping the body supple and responsive is essential for maintaining good health and well-being. The Alexander technique is one of the best-known and popular systems of movement therapy. It helps to break bad posture habits by bringing the head, neck and spine into a properly balanced alignment. This illustrated pocket guide explains the principles and practice of the Alexander technique, providing an introduction to a system which aids well-being and can help to overcome ailments such as stress and stress-related disorders, as well as neck, back and joint pains.

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