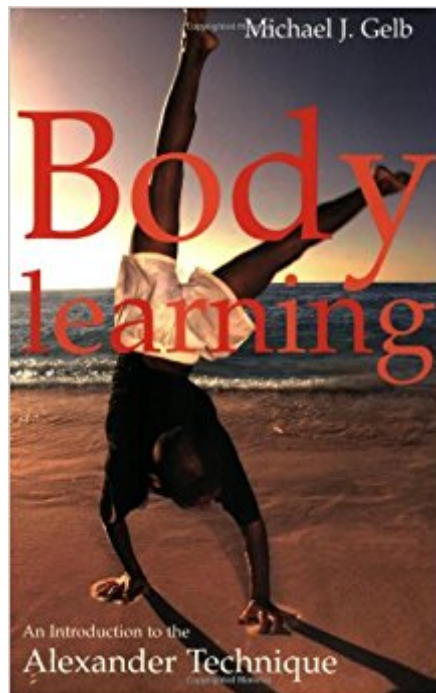




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# Body Learning: An Introduction To The Alexander Technique



## Synopsis

Body Learning has been a steady bestseller since it was first published in 1981. This new and updated edition confirms its status as the classic work on the Alexander Technique. The Alexander Technique is now recognised the world over as the most revolutionary and far-reaching method ever developed for maintaining the health and efficiency of the human body. It is not only a means of putting us in touch with our bodies, but also a way of deepening our perceptions and general well-being. Its effects on all aspects of living and learning are profound. Body Learning supplies answers to the most commonly asked questions about the Alexander Technique, provides a glossary of significant terms, and a guide to dynamic relaxation. Qualified Alexander teacher Michael Gelb provides inspiration and guidance for newcomers to the technique and conveys a full understanding of the complex mental and physical dynamics involved. Rather than a method to accumulate information or learn something specifically new, the Alexander Technique is better thought of as the art of 'unlearning' that which is habitual instead of natural, and in doing so, reclaiming some of our individual agency. Gelb's book offers an unbeatable introduction to the key facets of this enduring, yet ever-developing theory.

## Book Information

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## Customer Reviews

'This book is to be welcomed...It shows the best way of returning to better and more healthy use of our 'equipment-for-motion.' Mr. Gelb seems to me uniquely qualified to speak with authority.' --

Professor Nikolaas Tinbergen, Nobel Laureate in Medicine and Physiology 'The approach to learning and the techniques outlined in Body Learning transformed my life. Read and practice, and

Michael Gelb's profound message will transform yours.' -- Tony Buzan, author of The Mind Map Book

Michael J. Gelb qualified as a teacher of the Alexander Technique in 1978. Through his High Performance Learning Center, based in the New York metropolitan area, he brings Alexander's 'Operational Ideas' to organisations such as British Petroleum, Du Pont, KPMG, Merck, Microsoft and Nike. He is also the author of a number of books including Body Learning: An Introduction to the Alexander Technique, and the international bestsellers How to Think Like Leonardo da Vinci: Seven Steps to Genius Everyday and More Balls than Hands: Juggling Your Way to Success by Learning to Love Your Mistakes.

An excellent and informative book on the Alexander Technique.

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