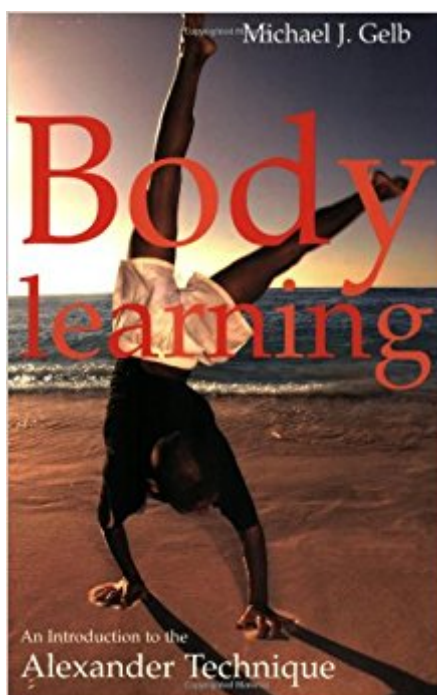


The book was found

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

Paperback: 192 pages

Publisher: Aurum Press; 4th edition (January 22, 2004)

Language: English

ISBN-10: 1854109596

ISBN-13: 978-1854109590

Product Dimensions: 6.1 x 0.4 x 9.2 inches

Shipping Weight: 11.4 ounces

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #596,062 in Books (See Top 100 in Books) #120 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention #755 in Books > Arts & Photography >

Performing Arts > Theater > Acting & Auditioning #47593 in Books > Humor & Entertainment

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.

[Download to continue reading...](#)

Body Learning: An Introduction to the Alexander Technique Body Learning: An Introduction to the Alexander Technique, Second Edition What Every Dancer Needs to Know About the Body: A Workbook of Body Mapping and the Alexander Technique/G7847 BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) An Alexander Technique Approach to Conducting (Conductors') Technique Introduction to Deep Learning Using R: A Step-by-Step Guide to Learning and Implementing Deep Learning Models Using R Back in Balance: Use the Alexander Technique to Combat Neck, Shoulder and Back Pain The Alexander Technique Manual: Take Control of Your Posture and Your Life Indirect Procedures: A Musician's Guide to the Alexander Technique (The Integrated Musician) The Actor and the Alexander Technique Dance and the Alexander Technique The Bath and Body Book: DIY Bath Bombs, Bath Salts, Body Butter and Body Scrubs Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight loss, lean body.) Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) Body Scrubs: 30 Organic Homemade Body And Face Scrubs, The Best All-Natural Recipes For Soft, Radiant And Youthful Skin (Organic Body Care Recipes, Homemade Beauty Products, Bath Teas Book 1) BODY TALK: The Body Language Skills to Decode the Opposite Sex, Detect Lies,

and Read Anyone Like a Book (Body Language Decoded) Your Body, Yourself: A Guide to Your Changing Body (Your Body, Your Self Book) Essential Technique for Strings (Essential Elements Book 3): Cello (Intermediate Technique Studies) Complete Technique for Modern Guitar: Over 200 Fast-Working Exercises with Audio Examples (Guitar Technique Book 5)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)