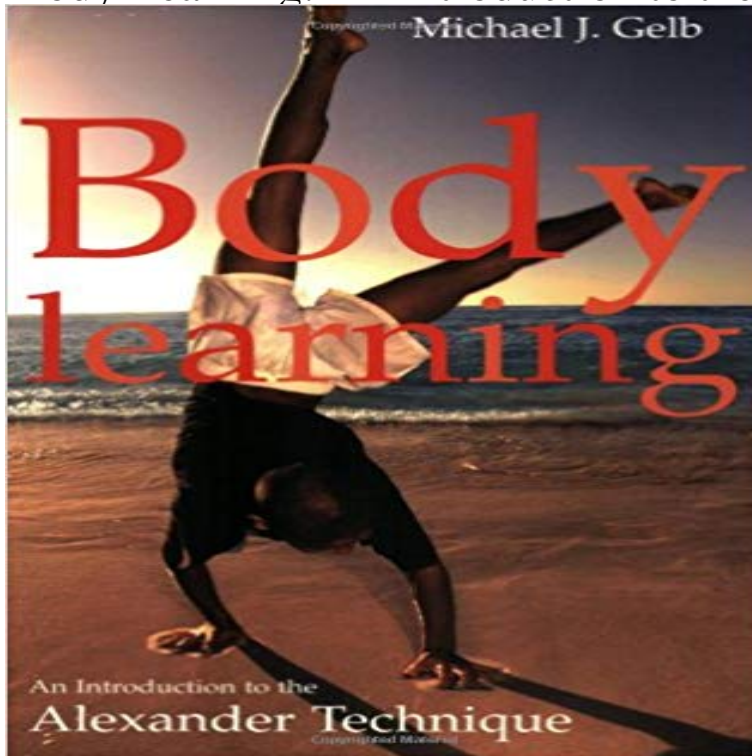


Body Learning: An Introduction to the Alexander Technique



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.

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