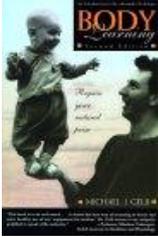


Alexander Technique Book List

General Introductory Books

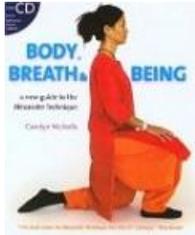


Body Learning

By Michael Gelb

Published 1996

In my opinion this is one of the best all-round introductions to the Technique. It covers the basic ideas of the technique, its history and a number of specific applications.



Body, Breath and Being: A New Guide to the Alexander Technique

by Carolyn Nicholls

Paperback/Published 2008

A practical introduction that explores the Alexander Technique through the experiences of those who have studied it and benefited from it.

Includes a CD

The Use of the Self

By FM Alexander

The most popular and accessible of Alexander's four books; the seminal first chapter "Evolution of a Technique" is a great first-hand account of how he evolved his technique.

Specialised Books

These days, there are many books on the Alexander Technique. Here are a selected few with a focused topic:

The Alexander Technique for Pregnancy and Childbirth

by Brita Forsstrom and Mel Hampson

Pregnancy and childbirth are a leap into the unknown, involving almost daily adjustments to one's changing body, leading up to the birth itself when all one's powers of self-knowledge are called upon. This book explains how knowledge of the Alexander Technique can powerfully support a woman through this time and beyond.

Free Yourself from Back Pain: a guide to the Alexander Technique

by Noel Kingsley

This book is designed to provide helpful advice, tips and further information to accompany a back pain sufferer's actual lessons. Noel Kingsley gives clear explanations of the principles of the technique and how to apply them to daily life.

The Art Of Swimming: In a New Direction with the Alexander Technique

by Steven Shaw and Armand D'Angour

Shaw, an ex-competitive swimmer, and now Alexander teacher brings a new perspective to exercise, competition, and swimming for fun. He also gives a good general overview of the Technique.

The Art Of Running

By Malcolm Balk and Andrew Shields

This book includes observations on runners and running by an experienced running coach and Alexander teacher.

Bodysense: Revolutionise your Riding with the Alexander Technique

By Sally Tottle

Tottle undertook her Alexander teacher training whilst recovering from a near-fatal riding injury. She rehabilitated both herself and her riding through the Technique and now teaches both disciplines.

Indirect Procedures: A Musicians' Guide to the Alexander Technique

By Pedro de Alcantara

The Alexander Technique applies to all areas of musical activity, from technique, sound production, and interpretation, to daily practice, rehearsal routines, and the mitigating of stage fright and health problems. This book, by an experienced professional musician and Alexander teacher, is the first (but not the only) book to deal specifically with the applications of the Technique to music making.