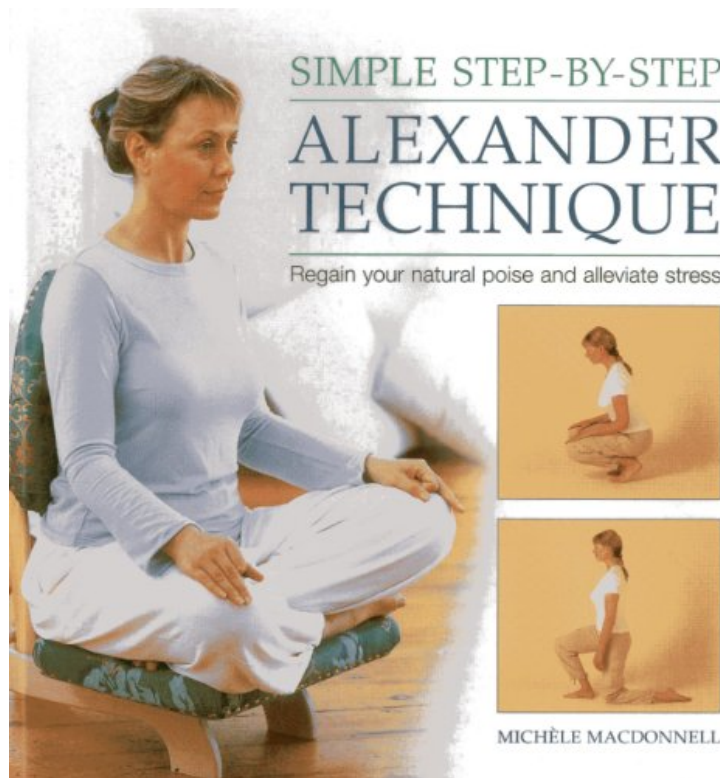


(Mobile pdf) Simple Step-By-Step Alexander Technique: Regain Your Natural Poise and Alleviate Stress

## Simple Step-By-Step Alexander Technique: Regain Your Natural Poise and Alleviate Stress

*Michele Macdonnell*

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The Alexander Technique is a proven method to modify posture and breathing patterns to enhance your health and improve well-being; this accessible and expert illustrated guide shows how to adjust your everyday activities using the method, with visual examples of both good and bad practice.

About the AuthorMichele MacDonnell was educated at the Sorbonne University in Paris and became the Managing Director of a small independent publishing house, specializing in books associated with alternative medicine. She has since run her own private practice in London, has attained her Teacher's Diploma, and has run numerous workshops and courses.