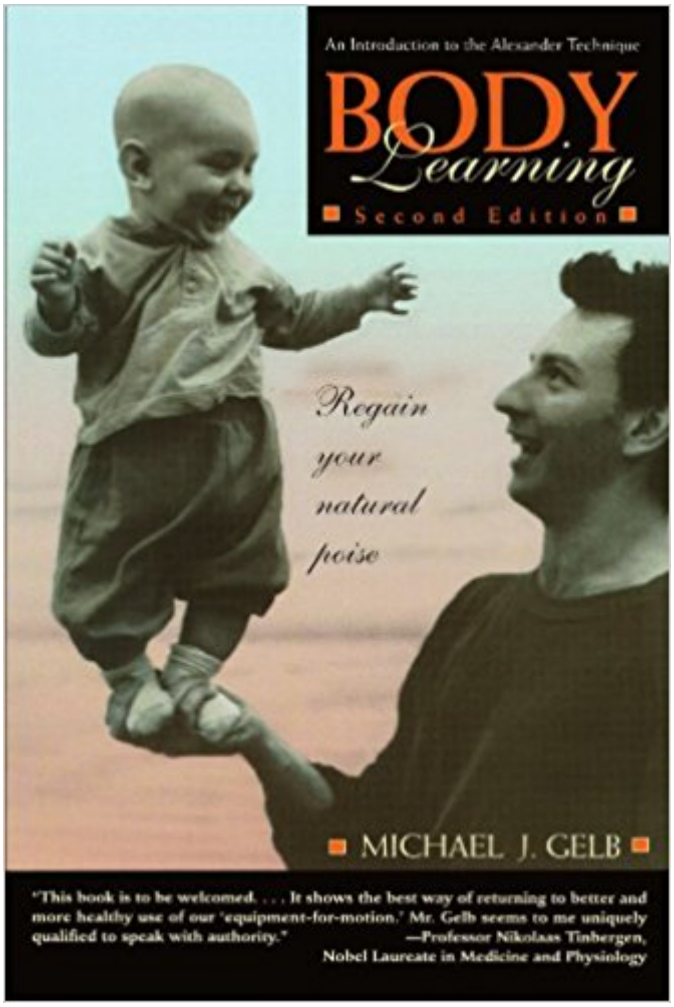
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Body Learning: An Introduction To The Alexander Technique, Second Edition



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Synopsis

This new, fully revised and updated edition confirms Body Learning's status as the classic work on the Alexander Technique for maintaining the health and efficiency of the body.

Book Information

Paperback: 192 pages

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Average Customer Review: 4.2 out of 5 stars 43 customer reviews

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Customer Reviews

Ã¢â ¬Å“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.Ã¢â ¬Â• Ã¢â ¬â ¢Tony Buzan, author of The Mind Map Book

Essentially a type of therapy that aims to treat and prevent a range of disorders through a system of postural changes, the Technique stresses the importance of reeducating the muscular system as a means to achieve physical and mental well-being. By unlearning common bad postural habits and ways of using the body, people can alleviate tension, fatigue, back pain, neck stiffness, asthma, headaches, depression, and many other ailments. The book also shows how the Technique can be applied to every kind of learning experience, from children's education and the acquiring of basic skills to the most advanced needs of musicians, entertainers, professionals, and athletes.

This book is well written and has excellent photographs to allow you to fully see the important features of the Alexander Technique. It is my absolute favorite Alexander Technique book! I have read several of Gelb's books, starting with one on Mind Mapping as I recall, and I think he is a great

writer and no doubt an excellent human being. He is excellent at explaining fine details of a not so obvious subjects. If you have pain in your back, or neck,posture issues, wrist problems, and just feel awkward moving in your body or a bit out of sorts during any activity, or even have trouble with social intelligence issues, or fell you cannot get into your writing or art (like writer's block), give this book a try. It is about being a human in a human environment and body in our modern world and functioning optimally. I would think athlete's would want to read it. People with chronic voice problems may benefit (and get the books by Dr Morton Cooper for vocal issues also. Many problems in medicine are really FUNCTIONAL and can be remedied by the patient who is willing to do the reading and research. Many times doctor's simply cannot get to the root cause because it may take hours, but YOU CAN do it for yourself. So I highly recommend this book.

I found this book to be exceptionally well written, easy to grasp and obviously written by someone who has gone through many Alexander technique classes (and who has taught the technique). The book was recommended by my instructor. I highly recommend it to anyone who is trying to "unfuse" their body and move and hold themselves in a more relaxed, expansive way. Good for actors but also good for anyone who wants to be more open, more alert, more graceful and light. It also is useful for reducing back pain and all sorts of other body rigidities and letting go of bad habits (whether physical, mental or emotional). The book is not enough, however. One needs to take Alexander classes, which the author states in the book.

An interesting read about the concepts of the Alexander Technique. However, is better appreciated when used in conjunction with an instructor who will give a hands on experience of the technique.

Informative, but not entirely sure I buy what Alexander Technique is selling, if that makes sense. It's good for getting information on the technique, and I had to use this for a class, but I don't know how much practical application to my every day life it has.

Excellent

Great book for history and general description of Alexander technique apparently a classic

Excellent book. Every page has meaning. Amust read for everyone. I'm seventy eight, I wish I had studied this work when I was in myteens.

I started practicing the Alexander Technique over the last couple months. My teacher "assigned" me this book to read, as part of our work together. It’s an outstanding book. It’s very clear and easy to read. Gelb offers many anecdotal stories and quotes and other stuff like that to make it more enjoyable and inspiring. He tells the fascinating story of how Dr. Alexander developed the technique. Then he proceeds to give a clear and practical explanation of all the different aspects of the technique. I learned a lot!

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