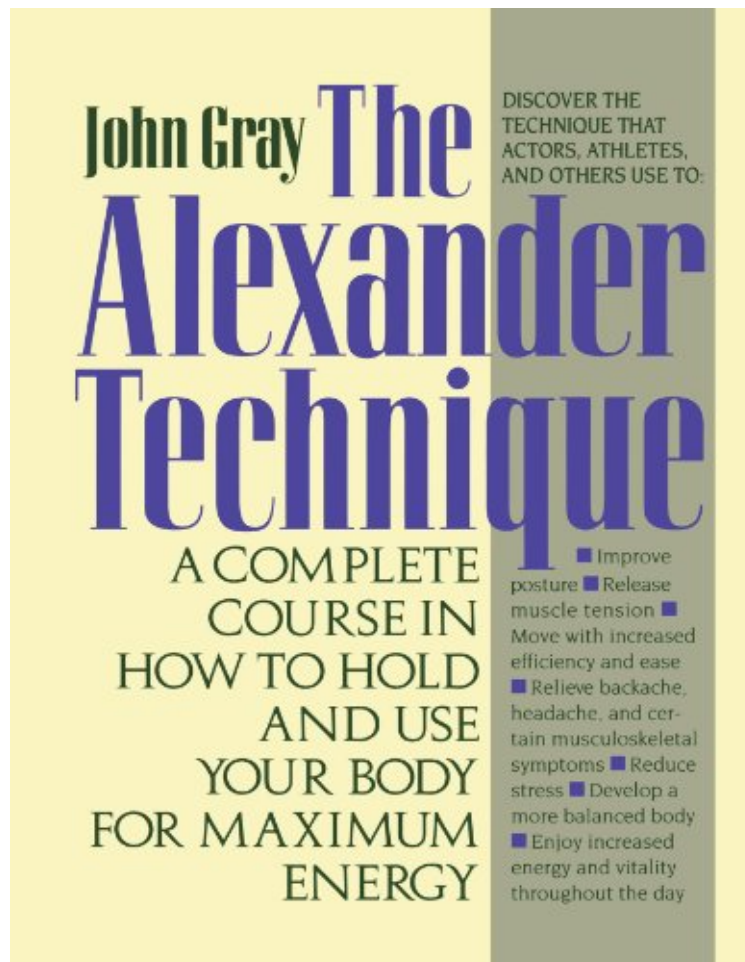


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# The Alexander Technique: A Complete Course in How to Hold and Use Your Body for Maximum Energy

John Gray Ph.D.

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**John Gray Ph.D. : The Alexander Technique: A Complete Course in How to Hold and Use Your Body for Maximum Energy** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Alexander Technique: A Complete Course in How to Hold and Use Your Body for Maximum Energy:

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A very readable guide which augments Alexander Technique training very well. I would not have progressed so quickly without this book.

The Alexander Technique is a proven process of mind and body reeducation that reduces stress and muscle tension, and revitalization those who practice it. Used by many actors, athletes, and dancers, the technique can help anyone increase his or her energy and achieve a more dynamic presence. Written by a veteran instructor of the Alexander Technique, this authentic and easy-to-follow guide allows everyone to learn the increasingly popular program, with clear instructions for each exercise, and dozens of helpful photographs that show correct and incorrect positions to use for the exercises and throughout the day.

From Library Journal  
After acknowledging that there already are numerous books on the Alexander Technique, Gray, a British former actor and current teacher of the technique, has written still another, designed to take the mystery out of the subject. Although wordy at times, his book is reasonably clear, with each chapter discussing the theory behind the technique and giving specific exercises the reader can do on his or her own. The content is very similar to Sarah Barker's *The Alexander Technique: Learning to Use Your Body for Total Energy* (LJ 1/91) and Judith Leibowitz and Bill Connington's *The Alexander Technique* (LJ 7/90). Libraries that already have these two titles, which are aimed at an American audience, do not need to consider Gray's, which is more British oriented. Recommended for libraries where there is an extensive demand for books on this subject or where copies disappear quickly.- Natalie Kupferberg, Brooklyn Coll. Lib., New York  
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Like other brilliant techniques, Alexander is tremendously simple but difficult to practice well. With John Gray one can enrich one's experience enormously. His teaching has been of great help to me.  
Kenneth Branagh, star and director of film *Henry V*  
From the Back Cover  
'The Alexander Technique' is a proven process of mind and body reeducation that reduces stress and muscle tension, and revitalizes those who practice it. Used by many actors, athletes, and dancers, the technique can help anyone increase his or her energy and achieve a more dynamic presence.