

Alexander Technique BOOKS AND WEBSITES

BOOKS ON THE ALEXANDER TECHNIQUE

Gelb, Michael. Body Learning (An Introduction to the Alexander Technique), Henry Holt and Co; 2nd ed. 1995

Conable, Barbara. What Every Musician Needs to Know About the Body, G I A Pubns, 2000

De Alcantara, Pedro. Indirect Procedures: A Musician's Guide to the Alexander Technique, Claredon Press, 1997 OR Oxford University Press; 2nd ed. 2013

Conable, Barbara. How To Learn The Alexander Technique, Andover Press OR G I A Pubns; 3 Rev. ed. 1995

Jones, Frank Pierce. Freedom to Change: The Development and Science of the Alexander Technique, Mouritz, 1997

Vineyard, Missy. How You Sit, How You Stand, How You Live, Da Capo Press; 1 ed. 2007

Caplan, Deborah. Back Trouble: A New Approach to Prevention and Recovery Based on the Alexander Technique, Triad, 1987

Maisel, Edward. The Alexander Technique-The Essential Writing of F.M. Alexander Carol. 1990

BOOKS BY F.M. ALEXANDER

Man's Supreme Inheritance (1910), Centerline Press, 1988

Constructive Conscious Control of the Individual (1923), STAT Books, 1977

The Use of the Self (1932), Gollancz, 1985

The Universal Constant in Living (1941), Centerline Press, 1986

Articles and Lectures, Mouritz, 1995

WEBSITES

www.ati-net.com Alexander Technique International

www.AlexanderTechnique.com

<http://www.amsatonline.org/> American Society for the Alexander Technique

<https://alexandertechniqueworkshops.com/> Residential workshops in NC and CA

<http://www.thevillagegreen.net>

<http://www.BarstowAlexanderTechnique.com>

<http://www.alexanderworkshops.com/Spokane/>

www.bearnstow.org

<http://www.easeofbeingretreat.com/>

<http://www.alexanderworkshops.com/Columbus/>