

Alexander Technique

NATURAL POISE
FOR HEALTH



R I C H A R D B R E N N A N

Alexander Technique Natural Poise For Health

□□□□□(Richard Brennan)

Alexander Technique Natural Poise For Health:

Alexander Technique Richard Brennan, 2015-07-21 This is a simple to read introduction to the Alexander Technique and was specifically written for those who know little or nothing about the Technique The book helps to demystify the Technique and give a clear and concise account of what the Alexander can do for you and how it can help a variety of ailments including backache headaches asthma high blood pressure stress and depression A simple account Alexander's discovery and how he devised his technique is included as well as a chapter on how to begin helping yourself what you can expect from an Alexander lesson and how to find a teacher A valuable yet inexpensive gift for anyone who could benefit from Alexander lessons yet knows little or nothing about the technique Illustrated with line drawings **Alexander Technique** Richard Brennan, 2016-01-28 The Alexander Technique is a simple method of improving posture and body movement in order to reduce the physical and mental tensions that we all accumulate throughout our lives Developed at the turn of the nineteenth century by F M Alexander this practical system has been used by millions of people to help relieve common ailments such as backache headache arthritis depression insomnia and stress and to enhance general health and well being Alexander Technique Richard Brennan, 2002 The Alexander Technique is a simple method of improving posture and body movement in order to reduce physical and mental tension Devised at the end of the 19th century it has since been used by millions to help relieve such common ailments as backache headache depression and insomnia **Alexander Technique** Michèle Mac Donnell, 1999 Poor posture can lead to a number of problems including back pain stiff necks headaches irritability and even depression This highly illustrated guide shows how to use the Alexander technique to alleviate such problems **The Complete Illustrated Guide to the Alexander Technique** Glynn Macdonald, 1998 Traces the history of the Alexander Technique from Alexander's first experiments on himself to the confirmation of his technique by medical professionals and its application in everyday life This therapy encourages more natural posture for pain relief Complementary Therapies in Rehabilitation Carol M. Davis, 2009 For over a decade Dr Carol Davis opened the minds of health care professionals worldwide to the idea of complementary therapies in rehabilitation The pages of this renowned text covered evidence for efficacy in therapy prevention and wellness unlike any other text it is the first of its kind published in the United States As science continues to evolve and change so does the expertise of Dr Davis and the experienced therapists who join together in writing the various chapters in the Third Edition of Complementary Therapies in Rehabilitation This evidence based text includes an insightful review profiling the latest peer reviewed research of holistic approaches commonly used in rehabilitation Students and practitioners are now able to evaluate the efficacy of these approaches from the evidence that is reported New to the Third Edition The latest summary of findings in energy medicine and bio energetics applied to rehabilitation therapies Updates on randomized control trials Reviews of evidence of efficiency Energy techniques as a way of returning healing to health care Professionals will also be excited to have at their hands a new chapter describing the

latest discoveries in the science that helps explain how these therapies may work It appears that the future of health care will be based on this unfolding science of energy medicine and vibration Professor Davis reads the most updated reports of the latest quantum science and then translates this information into meaningful ideas that relate to what therapists observe every day with patients in their case Complementary Therapies in Rehabilitation Third Edition is the perfect text for all rehabilitation professionals looking to deepen their understanding of various holistic modalities that are making a difference in rehabilitation especially with patients who have hit the wall with the standard treatments that based on mechanistic science This text provides the latest knowledge and description of rehabilitation professionals experience with these therapies and reports the latest peer reviewed evidence for efficiency in therapy prevention and wellness [Back in](#)

[Balance: Use the Alexander Technique to Combat Neck, Shoulder and Back Pain](#) Richard Brennan Author,2013-01-01

Helping you to discover how your posture and movements may be having a detrimental effect on your health this guide draws on the Alexander Technique to give you new ways of performing daily activities to reduce back and joint pain and make your life pain free According to recent figures back pain has now reached epidemic proportions with millions of people across the globe experiencing severe muscular pain every year But help is at hand with Back in Balance an easy to understand practical book designed to help readers discover the cause of their own individual back problem and offer them an effective and lasting solution to their suffering [The Alexander Technique Resource Book](#) John B. Harer,Sharon Munden,2008-12-24

The Alexander Technique is a hands on educational method that helps individuals learn how to eliminate tension in the body caused by habitual limitations in the way they move and think The health benefits of the Alexander Technique are both physical and emotional It improves balance posture and stamina and has been shown to improve cognitive functions And it was practiced and endorsed by renowned philosopher and educator John Dewey The Alexander Technique Resource Book provides guidance and information that aids in studying the technique and locating sources for further research in the field It contains information on print audio video and web based resources and includes a description of the basic principles and benefits of the Alexander Technique This book benefits students scholars and researchers as well as musicians actors and athletes looking to enhance performance in physical activities It is a helpful resource for anyone seeking information on alternative and complementary medicines like the Alexander Technique **Complementary Therapies for Physical**

Therapy Judith E. Deutsch,Ellen Zambo Anderson,2008-01-01 As CAM becomes widely accepted rehabilitation professionals are incorporating CAM concepts and techniques into their own practice This book will help them to gain an understanding of the field and to acquire specific knowledge and skills which they can apply to the treatment of movement related disorders

Change Your Posture, Change Your Life Richard Brennan,2012-01-01 The Alexander Technique is a proven method for breaking down bodily tension to restore natural ease of movement Change Your Posture Change Your Life examines every aspect of the technique from how to release muscle tension to the secret key to good posture This must have guide will

benefit all age groups and lifestyles sufferers of muscular skeletal problems like arthritis backache and headaches parents concerned about their children s posture anyone involved in sports and exercise as well as musicians actors and health care professionals Thrive on Stress Jan Sutton,2000 Not all stress is bad Readers can discover how to conquer negative stress and use positive pressure to boost self esteem and confidence Supported by numerous illustrations activities and

comprehensive case studies this fascinating book could quite literally transform their lives **Teaching Performance Practices in Remote and Hybrid Spaces** Jeanmarie Higgins,Elisha Clark Halpin,2022-06-16 This collection of insightful essays gives teachers perspectives on the role of space and presence in teaching performance It explores how the demand for remote teaching can be met while at the same time successfully educating and working compassionately in this most live of disciplines Teaching Performance Practices in Remote and Hybrid Spaces reframes prevailing ideas about pedagogy in dance theatre and somatics and applies them to teaching in face to face hybrid and remote situations Case studies from instructors and professors provide essential practical suggestions for remotely teaching a vast range of studio courses including tap dance theatre design movement script analysis and acting rendering this book an invaluable resource The challenges that teachers are facing in the early twenty first century are addressed throughout helping readers to navigate these unprecedented circumstances whilst delivering lessons guiding workshops rehearsing or even staging performances This book is invaluable for dance and theatre teachers or leaders who work in the performing arts and related disciplines It is also ideal for any professionals who need research based solutions for teaching performance online **Simple**

Step-By-Step Alexander Technique Michele MacDonnell,2013 The conditions of modern life often sedentary for large proportions of the day have caused us to lose the natural good use of the body As a result poor posture can lead to debilitating problems ranging from bad backs stiff necks headaches and irritability to lethargy and even depression This fully illustrated guide to the theory and practice of the Alexander Technique shows how modified posture and breathing patterns can bring relief from pain and stress The book begins with an explanation of the technique and how by realigning the head the neck and the back we can enjoy stress free movement This is followed by descriptions of appropriate postures for basic physical actions walking standing sitting bending lifting carrying and squatting Everyday activities are illustrated showing improved ways of performing these tasks With 150 photographs this book is a concise guide to improved posture

Treatment of Eating Disorders Margo Maine,Beth Hartman McGilley,Douglas Bunnell,2010-09-08 Eating disorders EDs affect at least 11 million people in the United States each year and spread across age race ethnicity and socio economic class While professional literature on the subject has grown a great deal in the past 30 years it tends to be exclusively research based and lacking expert clinical commentary on treatment This volume focuses on just such commentary with chapters authored by both expert clinicians and researchers Core issues such as assessment and diagnosis the correlation between EDs and weight and nutrition and medical psychiatric management are discussed as are the underrepresented issues of

treatment differences based on gender and culture the applications of neuroscience EDNOS comorbid psychiatric disorders and the impact of psychiatric medications This volume uniquely bridges the gap between theoretical findings and actual practice borrowing a bench to bedside approach from medical research Includes real world clinical findings that will improve the level of care readers can provide consolidated in one place Underrepresented issues such as gender culture EDNOS and comorbidity are covered in full Represents outstanding scholarship with each chapter written by an expert in the topic area

□□□□□□□□ □□□□□□ Richard Brennan,2024-08-08 130 **Alexander Technique** Eric Sandersson, The Alexander Technique is a gentle educational method designed to help individuals improve their posture movement and overall use of the body Rather than a set of exercises or a quick fix solution it offers a mindful approach to everyday activity whether that s walking sitting speaking or even thinking At its core the technique teaches awareness of habitual patterns that may interfere with natural coordination and it guides individuals in making conscious choices to move more efficiently and with less strain Developed in the late 19th century by Frederick Matthias Alexander an Australian actor who struggled with chronic vocal problems the technique arose from his discovery that poor postural habits were directly contributing to his voice loss Through self observation and experimentation Alexander found that by preventing these habitual reactions and allowing for better alignment he could restore his vocal function His work eventually expanded to encompass a broader understanding of the relationship between the body and mind laying the foundation for what is now widely known as the Alexander Technique Central to the method is the concept of use how a person uses their body in activity This encompasses not just posture but also breathing balance and coordination It assumes that the way we habitually hold ourselves and move affects our physical health and emotional well being For example slouching or holding tension in the neck and shoulders can lead to chronic discomfort fatigue and even feelings of anxiety or depression By bringing awareness to these patterns and learning to inhibit them individuals can move in ways that are more natural and less taxing *Evolved to Move* Richard Brennan,2025-06-19 The human body is designed to move naturally and freely without forced tension or conscious effort But modern life is full of factors that push people out of sync with their bodies natural balance Based on the pioneering work of Frederick Matthias Alexander this book shows movement professionals how to use the Alexander Technique to free up clients movement and reduce pain caused by unbalanced posture Each exercise demonstrates how to become conscious of any bad postural habits that have developed over time and allows you to bring your clients or yourself back into alignment An essential guide for somatic practitioners manual therapists movement and health professionals and anyone who wants to reduce or avoid joint pain **Subject Guide to Books in Print** ,1997 *LA TÉCNICA ALEXANDER* Richard Craze,2007-07-30 Son muchas las personas que deben estar de baja a causa del dolor de espalda Los doctores por lo general prescriben analg sicos los oste patas pueden a veces corregir el problema aunque s lo de forma temporal y los cirujanos pueden operar Sin embargo lo que se necesita es un m todo sencillo y efectivo de reeducaci n desaprender aquello que hicimos mal desde un principio La T

cnica Alexander no es una tcnica en el sentido estricto de la palabra Es simplemente una manera de aprender a mover nuestros cuerpos en la forma en c mo stos est n dise ados para moverse La forma c mo nos educamos combinada con el estr s y la tensi n de la vida moderna nos conduce a unas formas de movimiento que nos causan una tensi n y una excesiva mala alineaci n La Tcnica Alexander nos ayuda a desaprender aquellos h bitos err neos y aprender un nuevo equilibrio y flexibilidad como el que ten amos cuando ramos j venes Una vez que nuestra estructura f sica se libera de la tensi n y de los dolores adoptamos autom ticamente una perspectiva de la vida m s positiva por lo que se incrementa nuestro bienestar emocional nuestro poder mental y nos beneficiamos de una mejora general en la calidad de nuestras vidas Este libro es una gu a pr ctica sencilla y efectiva para aprender la Tcnica Alexander de forma que cada uno pueda practicar consigo mismo que cada uno pueda aprender por s mismo Por ello algunos t rminos complicados o de la jerga propia de la Tcnica Alexander se han simplificado para que el lector sea capaz de comprender con facilidad toda la informaci n Esta obra le guiar por medio de ejercicios y procedimientos pr cticos que usted podr aprender en casa y ejercitar consigo mismo Siguiendo los ejercicios descritos obtendr beneficios a adidos emocionales y mentales estar m s activo dormir mejor comer adecuadamente y sufrir menos trastornos

37 (Richard Brennan), 2023-02-16 30 20 000 UP

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