

"The Alexander Technique: Freedom in Thought and Action" an excellent e-book by Tasha Miller and David Langstroth, Directors of Alexander Technique Atlantic and published by Nous Publishing.

This is a book not just for musicians, actors, performers - but for everyone wishing to improve the quality of everything they do, the quality of their functioning, their health...their whole life. I had the privilege of taking lessons with Tasha in the late 80s and most of the 90s while she was still in the UK and cannot recommend her inspiring approach to the Alexander Technique enough.

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