

## **THE ALEXANDER TECHNIQUE: relief from an uncertain future with an incurable illness – it isn't hopeless**

By S. T.

Detected a note of horror when I told you what I'm paying for A.T. I'm not stupid, you know that; Nor particularly gullible. Certainly not rich. I took a considered approach to this in 1993, and have never looked back. At that time I was constantly taking time off work with back trouble, headaches, an almost permanent cold and countless minor ailments. All in the past now. MS has been a bit of an inconvenience, but I am so hopeful for the long term. What price a better future? Indeed any kind of future? I'm also not in any significant pain, nor do I ever get any ailments that I need medication for. A.T. is an investment in myself and I'd sacrifice anything to keep it going. Never take pain killers or cold remedies because I haven't had a cold or anything 'minor' for years. We have talked about doctors and their limited approach. They let us down, and others like us with their inability to widen their outlook.

S. T.