

A Welcome Bonus

By Student, age 79

Since taking lessons in the Alexander Technique, I have noticed how much less trouble many tasks are. I used to be a champion procrastinator. For instance, if I was sorting a pile of papers and came across a letter that needed answering, I would put the letter aside, thinking “I must answer that bit I can’t possibly do it now – I’m much too busy.”

When I did decide to answer it very likely I would not be able to find it at first and thus would waste time looking for it. Now I can deal with such jobs straight away, thus saving time and getting the task off my mind.