



# Alexander Technique: An Introductory Guide to Natural Poise for Health and Well-Being

*Richard Brennan*

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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.

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