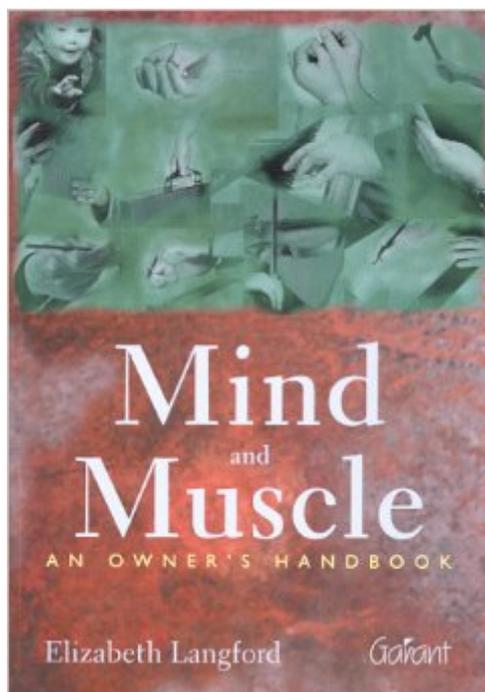


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Mind And Muscle: An Owner's Handbook



Synopsis

textbook

Book Information

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Customer Reviews

As a chronic back pain sufferer I am always on the look out for books to help relieve my condition. Mind and Muscle seeks to unlearn the bad habits of a life time through a series of experiments. Her well researched book is rich with illustrations and common sense approaches to daily living. Elizabeth writes in an easy style and I have no hesitation in recommending this book as a must for the family bookshelf. Brian Wilson Honorary Regional Director BackCare - The National Organisation for healthy backs." ...

Langford writes about the Alexander Technique, which at times for is difficult to explain. She uses easily understandable language to make sense of a difficult concept. This book is easily understood by anyone, not just people who have had Alexander techniques. This and it's sequel, for Musicians are musts for anyone who has ever had an ache or pain that doctors could not cure.

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