



The Alexander Technique: The Essential Writings of F. Matthias Alexander

F. Matthias Alexander, Edward Maisel

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This book presents selected writings of famous Australian F. Matthias Alexander, now recognized as the twentieth-century pioneer of body-mind coordination. Well-known personalities who have availed themselves of the Alexander Technique include John Cleese, Jamie Lee Curtis, Joel Gray, William Hurt, Kevin Kline, Linda Kozlowski, Patti LuPone, Paul and Linda McCartney, Kelly McGillis, Paul Newman, Christopher Reeve, Sting, David OgdenStiers, Mary Steenburgen, Fritz Weaver, Robin William and Irene Worth.

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