

Alexander Technique BOOKS

BOOKS ON THE ALEXANDER TECHNIQUE

Gelb, Michael. *Body Learning (An Introduction to the Alexander Technique)*, Henry Holt and Co; 2nd ed. 1995

Conable, Barbara. *What Every Musician Needs to Know About the Body*, G I A Pubns, 2000

De Alcantara, Pedro. *Indirect Procedures: A Musician's Guide to the Alexander Technique*, Clarendon Press, 1997 OR Oxford University Press; 2nd ed. 2013

Conable, Barbara. *How To Learn The Alexander Technique*, Andover Press OR G I A Pubns; 3 Rev. ed. 1995

Jones, Frank Pierce. *Freedom to Change: The Development and Science of the Alexander Technique*, Mouritz, 1997

Vineyard, Missy. *How You Sit, How You Stand, How You Live*, Da Capo Press; 1 ed. 2007

Caplan, Deborah. *Back Trouble: A New Approach to Prevention and Recovery Based on the Alexander Technique*, Triad, 1987

Maisel, Edward. *The Alexander Technique-The Essential Writing of F.M. Alexander* Carol. 1990

Alcantara, Pedro de. *Indirect Procedures*, second edition. Clarendon Press: England, 2013.

Barker, Sarah. *Moving with Ease: The Alexander Technique*. DVD. www.easyalexander.com.

Conable, Barbara and William Conable. *How to Learn the Alexander Technique: A Manual for Students*. Andover Press: Ohio, 1995.

Hale and Coyle. *Albinus on Anatomy*. Dover Publications; 1989.

Conable, Barbara. *What Every Musician Needs to Know about the Body: The Practical Application of Body Mapping to Making Music*. Andover Press: Oregon, 2000. (or appropriate Body Mapping text for area of study)

Conable, Barbara. *The Structures and Movement of Breathing: A Primer for Choirs and Choruses*. GIA Publications: Chicago, 2000.

Dimon, Theodore. *The Elements of Skill: a conscious approach to learning*. North Atlantic Books: California, 2003.

Gelb, Michael. *Body Learning*. Henry Holt and Company: New York, 1994.

Gilmore, Robin. *What Every Dancer Needs to Know About the Body*. Andover Press: Oregon, 2005.

Gorman, David. *The Body Moveable*, 5th edition, LearningMethods Publications: Canada M8Y 3M7, 2002

Jones, Frank Pierce. *Freedom to Change: The Development and Science of the Alexander Technique*. Mouritz Ltd: London, 1976.

"There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all of time, this expression is unique. And if you block it, it will never exist through any other medium and it will be lost. The world will not have it. It is not your business to determine how good it is nor how valuable nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open. You do not even have to believe in yourself or your work. You have to keep yourself open and aware to the urges that motivate you. Keep the channel open. ... No artist is pleased. [There is] no satisfaction whatsoever at any time. There is only a queer divine dissatisfaction, a blessed unrest

that keeps us marching and makes us more alive than the others."
— [Martha Graham](#)

BOOKS BY F.M. ALEXANDER

Man's Supreme Inheritance (1910), Centerline Press, 1988

'Man's supreme inheritance' is our potential to develop conscious use of ourselves in all activities of living.

With reference to and examples from his teaching experience of his technique, Alexander argues for the development and evolution of consciousness. Though some of the contemporary concerns which he addresses are dated, the underlying issues are still the same: our health and well-being are being undermined by too much tension, effort and lack of physical and mental coordination. [Learn More Here](#)

Constructive Conscious Control of the Individual (1923), STAT Books, 1977

Constructive Conscious Control of the Individual develops the argument set forth in Alexander's first book, Man's Supreme Inheritance. Alexander shows that most of our movements, thoughts, and actions are dictated more by our feelings than by reasoning and that we can develop a reasoning consciousness. Instead of relying on subconscious guidance and control Alexander offers a practical remedy in the resumption of the conscious control of our whole activities. [Learn More Here](#)

The Use of the Self (1932), Gollancz, 1985

'The Use of the Self' is undoubtedly Alexander's best known book; it is also his shortest (only five chapters) and in many respects his least important. Its publication in 1932 was largely prompted by the inauguration of the first three-year training course to train teachers of the Technique. It may be considered to a large extent as a 'Training Course Manual' for his students, and contains an open letter to potential Training Course candidates from Alexander, backed with recommendations from his supporters in the medical and educational establishment of the time. [Learn More Here](#)

The Universal Constant in Living (1941), Centerline Press, 1986

The Universal Constant in Living was Alexander's fourth and last book. It contains his most mature and consummate thoughts on what is now known as the Alexander Technique. Alexander shares with the reader knowledge accumulated in the course of more than 45 years of practical teaching experience. [Learn More Here](#)

Articles and Lectures, Mouritz, 1995

Alexander, F.M. *The Use of the Self*. Orion Books: Great Britain, reprinted 1985.

- _____. *Man's Supreme Inheritance*. Mouritz Press: Great Britain, 2003.
- _____. *Constructive Conscious Control of the Individual*. Mouritz Press: Great Britain, 2004.
- _____. *The Universal Constant of Living*. Mouritz Press: Great Britain, 2000.