



The Alexander Principle: How to Use Your Body Without Stress (Alexander Technique)

[Wilfred Barlow](#)

The Alexander Technique has a worldwide following as a method of mind and body re-education, that reduces stress and muscle tension through correct use of posture and movement. Pioneered over a century ago by F.M. Alexander, it revitalizes all who practice it. Dr. Wilfred Barlow studied under Alexander himself, and this, his pioneering book, is now a classic. Recently updated, *The Alexander Principle* is essential reading for anyone interested in relieving body stress and improving posture and movement.