

F. M. ALEXANDER

author of
THE USE OF THE SELF

**CONSTRUCTIVE
CONSCIOUS
CONTROL
OF THE
INDIVIDUAL**

A NEW EDITION WITH
AN INTRODUCTION BY
PATRICK J. MACDONALD



Constructive Conscious Control of the Individual

[Alexander F Matthias](#)

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.