



# **How You Stand, How You Move, How You Live: Learning the Alexander Technique to Explore Your Mind-Body Connection and Achieve Self- Mastery**

*Missy Vineyard*

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# How You Stand, How You Move, How You Live: Learning the Alexander Technique to Explore Your Mind-Body Connection and Achieve Self-Mastery

Missy Vineyard

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The Alexander Technique (AT) is a remarkably simple but powerful method for learning to skillfully control how your brain and body interact, allowing you to better coordinate your movements while increasing the accuracy of your mind's thoughts and perceptions. Now, in *How You Stand, How You Move, How You Live*, leading Alexander Technique master teacher Missy Vineyard sheds a completely fresh light on this revolutionary method and, in the process, offers path-breaking insight into the mind-body connection. Vineyard thoroughly explains and teaches the central skills of the AT through simple self-experiments, and she offers engaging stories of students in their lessons to show its effective application across a range of disciplines, including the performing arts, athletics, health, psychology, and education. *How You Stand, How You Move, How You Live* introduces us to a world within ourselves that we know surprisingly little about--and thereby helps us to understand why we often cannot do what we should be able to do, why we harm ourselves with chronic tension and anxiety, and why our thoughts often seem beyond our control. Vineyard is also the first AT teacher to draw on cutting-edge research in neuroscience and to synthesize those findings with AT theories and techniques. She fully illuminates the benefits to be reaped by mastery of the Alexander Technique, which include: Release from acute or chronic physical pain Enhanced mental attention and focus Reduced anxiety Improved balance and coordination Relief from tension and stress Increased ease and efficiency performing precise movement skills

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