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Watkins Media. Paperback. Book Condition: new. BRAND NEW, Change Your Posture, Change Your Life: How the Power of the Alexander Technique Can Combat Back Pain, Tension and Stress, Richard Brennan, Change Your Posture, Change Your Life analyses the origin and development of the Alexander Technique, how it works and what are its benefits. In chapters ranging from 'The Secret Key to Good Posture' and 'The Hidden Obstacle to Improving Posture' to 'Your Inner Acrobat' and 'First Steps in Releasing Muscle...

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- Authored by Richard Brennan
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