



The Alexander Technique for Musicians

Judith Kleinman, Peter Buckoke

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The Alexander Technique for Musicians is a unique guide for all musicians, providing a practical, informative approach to being a successful and comfortable performer. Perfect as an introduction to the Alexander Technique, or to supplement the reader's lessons, the book looks at daily and last-minute practice, breathing, performance and performance anxiety, teacher?pupil relationships, ensemble skills, and the application of the Alexander Technique to instrumental and vocal work.

Complete with diagrams and photographs to aid the learning process, as well as step-by-step procedures and diary entries written by participating students, *The Alexander Technique for Musicians* gives tried-and-tested advice, drawn from the authors' twenty-plus years of experience working with musicians, providing an essential handbook for musicians seeking the most from themselves and their art.

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