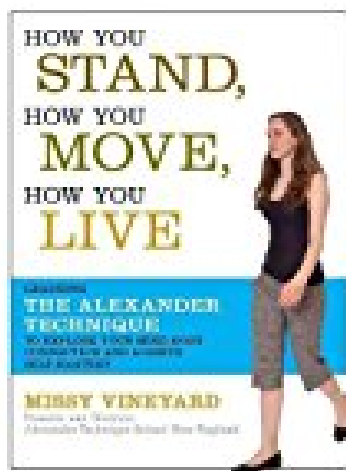


How You Stand How You Move How You Live Learning the Alexander Technique to Explore Your Mind-Body Connection and Achieve Self-Mastery



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