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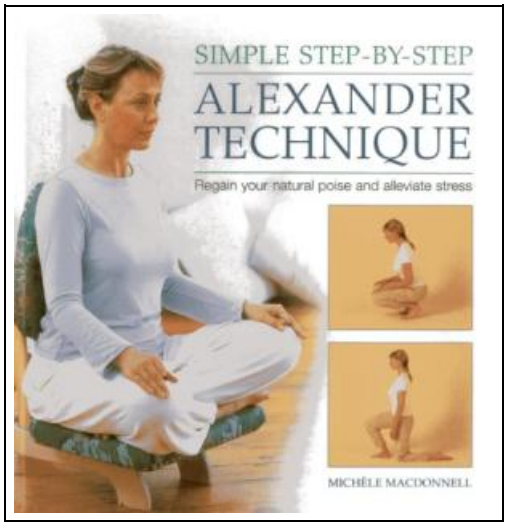

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Anness Publishing, United Kingdom, 2014. Hardback. Condition: New. Language: English . Brand New Book. This book shows you how to improve poor posture habits to enhance your health and improve well-being, with over 150 easy to refer to photographs. It illustrates more appropriate ways to perform everyday activities outside and in the home, such as cooking, cleaning, eating and drinking, working at a desk, using the phone, carrying shopping and more. It offers practical advice for the relief of pain and stress, depression, anxiety, joint problems, gastro-intestinal problems and other stress-related conditions. It offers clear advice and instructions, showing both good and bad practice. It offers help on countering and changing negative postural habits to relieve the stresses of everyday life. The conditions of modern life, often sedentary for large proportions of the day, have caused us to lose the natural good use of the body. As a result poor posture can lead to debilitating problems, ranging from bad backs, stiff necks, headaches and irritability to lethargy and even depression. This fully-illustrated guide to the theory and practice of the Alexander Technique shows how modified posture and breathing patterns can bring relief from pain and stress. The book begins with an explanation of the technique and how, by realigning the head, the neck and the back, we can enjoy stress-free movement. This is followed by descriptions of appropriate postures for basic physical actions - walking, standing, sitting, bending, lifting, carrying and squatting. Everyday activities are illustrated, showing improved ways of performing these tasks. With 150 photographs this book is a concise guide to improved posture.

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