



A few favorite books on the F.M Alexander Technique

Body and Breath and Being, a new guide to the Alexander Technique
by Carolyn Nicholls ISBN 978-1-904468-42-4
(printed in India on behalf of JFDI Print Services Ltd).

Curiosity Recaptured exploring Ways We Think and Move edited by Jerry Sontag –
with a forward by Robertson Davies. Library of Congress Catalogue Card Number 0-
9644352-2-5 (printed in U.S. MornumTime Press)

Explaining the Alexander Technique in conversation with Walter Carrington and Sean
Carey ISBN 0-951998 (printed in U.K. by Redwood Press Limited)

Eyebody – The Art of Integrating Eye, Brain and Body by Peter Grunwald
ISBN 1-877338-41-9 (printed by Astra Print in Aotearoa/N.Z.)

Fitness without Stress a guide to the Alexander Technique by Robert M.Rickover
ISBN 0-943920-32-9 (printed in the U.S. by Metamorphous Press)

Man's Supreme Inheritance by F.M.Alexander ISBN 0-913111-24-6
(published in U.S. by Centreline Press)

Personally Speaking Walter Carrington on the F.M Alexander Technique in
discussion with Sean Carey ISBN 0- 9525574 – 1-X (printed in UK by Mouritz)

The Alexander Technique in conversation with John Nicholls and Sean Carey
no ISBN (printed in U.K. by Redwood Press Limited)

The Alexander Technique As I See It by Patrick Macdonald
ISBN 0-9515072-0-6 (by Rahula Books in U.K.)

Thinking Aloud by Walter Carrington Library of Congress Catalogue Card Number
94- 71302 (printed in U.S. Mornum Time Press)

The Voice book by Michael MacCallion ISBN 0-571-15059
(printed in England by Clays limited)

“better health through movement re-education”

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