

Alexander Technique Bibliography

A non-comprehensive list of books related to movement, body awareness, and the Alexander Technique.

Alexander, F. M. *The Use of the Self*. London: Orion, 2002.

Anderson, Bob. *Stretching*. New York: Random House, 2010.

Biel, Andrew. *Trail Guide to the Body*. Boulder CO: Books of Discovery, 2014.

Bloch, Michael. *F.M., the life of F. M. Alexander*. London: Little/Brown, 2004.

Calais-Germain, Blandine. *Anatomy of Movement*. Seattle WA: Eastland Press, 2007.

- see also: *Anatomy of Movement Exercises*, *Anatomy of Breathing*, and *Anatomy of Voice* by the same author

Conable, Barbara. *How to Learn the Alexander Technique*, 3d ed. Portland OR: Andover Press, 1995.

Feldenkrais, Moshe. *Awareness Through Movement*. New York: HarperCollins, 1977.

Gelb, Michael. *Body Learning: an introduction to the Alexander Technique*. 3d ed. London: Aurum Press, 2004.

Jones, Frank Pierce. *Freedom to Change*. (originally *Body Awareness in Action*). London: Mouritz, 1997.

Maisel, Edward, ed. *The Alexander Technique: the essential writings of F. Matthias Alexander*. New York: Lyle Stuart, 1990.

Vineyard, Missy. *How You Stand, How You Move, How You Live*. New York: Marlow & Co., 2007

Addressed to musicians

Caplan, Stephen. *Oboemotions; what every oboe player needs to know about the body*. Chicago: GIA Publications, 2009.

Conable, Barbara. *The Structures and Movement of Breathing, a primer for choirs and choruses*. Chicago: GIA Publications, 2000

Conable, Barbara. *What Every Musician Needs To Know About the Body*. Portland OR: Andover Press, 1998.

de Alcantara, Pedro. *Indirect Procedures; a musician's guide to the Alexander Technique*. Oxford: Clarendon Press, 2013.

Heirich, Jane. *Voice and the Alexander Technique*. Berkeley CA: Mornum Time Press, 2011.

Horvath, Janet. *Playing (less) Hurt: an injury prevention guide for musicians*. St. Louis: MMB Music Inc., 2010.

Johnson, Jennifer. *What Every Violinist Needs To Know About The Body*. Chicago: GIA Publications, 2009.

Malde, Melissa, et. al. *What Every Singer Needs To Know About The Body*. 3rd edition. Plural Publishing, Inc., 2016.

Mark, Thomas. *What Every Pianist Needs To Know About the Body*. Chicago: GIA Publications, 2004.

Norris, Richard, M.D. *The Musician's Survival Manual: a guide to preventing and treating injuries in instrumentalists*. St. Louis MO: MMB Music, 1993.
Available as a **download** at: musiciansurvivalmanual.com

Pearson, Lea. *Body Mapping for Flutists*. Columbus OH: GIA Publications, 2006.