Table of Contents

Testimonials... Table of Illustrations

- I. Introduction
- II. Introduction to the Alexander Technique
- III. Introduction to the Self-Experiments

PART 1: HOW DO YOU MOVE? TALES FROM THE BEGINNING

- 1. Surprising Observations
 - John, Part One
- 2. A Malfunctioning Locomotor System

Erin. Part One

- 3. How Did We Get This Way? From Fish to Horse to Biped
- 4. Standing on Two Legs: The Biped's Challenge

SELF-EXPERIMENTS

A. Rest Your Back

Semi-supine

Prone

B. Motion and Mind

How You Move

Can You Change?

Noticing Your Habit

Your Mind-Body Connection

PART 2: HOW DO YOU FEEL? THE MIND-BODY LINK

- 5. A Sense of Feeling
- 6. Feelings Gone Wrong

Gary

Betty, Part One

- 7. The Feeling of Fear
 - How We Perceive Danger
- 8. Fear's Body-Mind

In the Grip of Fear

A Threatening Injury

The Shrinking World of Pain

9. Anxiety and Performance

Bruce, Part One

10. Attention, Awareness, and Conscious Inhibition

Bruce, Part Two

PART 3: HOW DO YOU THINK? THE MIND CHANGES EVERYTHING

- 11. A Fine Day in London with Nothing to Feel
- 12. Finding The Thinking Mind

The Light in the Attic

Surprises and Beliefs

- 13. Believing Is Not Seeing
- 14. The Difference that Inhibition Makes

Erin, Part Two

15. You Have a Helper

SELF-EXPERIMENTS

C. How to Inhibit

Quieting Your Inner Conversation

Turning on Your Prefrontal Cortex

Thinking with Meaning

The Positive "No"

Conscious Inhibition

D. Acts of Inhibition

Stop Moving

Thinking of Not Doing

Letting Your Helper Do It

Letting Go of Belief

PART 4: SPACE AND DIRECTION: OUR HIDDEN SENSE

16. Fewer Words, More Space

Cleo

Meghan

17. More Problems with Feelings

Nathan

Nancy

18. Balance and Coordination

19. A New Way of Moving

Brian

Betty, Part Two

SELF-EXPERIMENTS

E. How to Direct

Think of a Cube

Up-Down, Wide, Forward-Back

Putting Directions Together

Turning Your Head

Forward and Up

Thinking Names of Body Parts

Alexander's Directions

F. Moving with Inhibition and Direction

Bending Your Leg

Moving Forward and Back

Standing and Sitting

PART 5: TOUCH: OUR FORGOTTEN SENSE

20. Touching the Heart

Sam

What is it About Touch?

21. The Teacher's Hands

PART 6: CONSCIOUSNESS: OUR NEWEST SENSE

22. Pain-Free and Moving Again

John, Part Two

23. An Incredible Lightness of Being

Erin, Part Three

24. Speaking from My Self

Greg

25. Self-Mastery: Connection

SELF-EXPERIMENTS

G. Strengthen Your Back

Neck Extensors

Neck and Back Extensors

H. Self-Mastery Every Day

Exercise

Sports

Practice and Performance

Anxiety

Pain

How You Live

Appendix: How to Find A Teacher

Glossary

Notes

Bibliography

Acknowledgments

Index