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Pedro de Alcantara is a musician, writer, and teacher. His books include Integrated Practice: Coordination, Rhythm & Sound, The Alexander Technique: A Skill for Life

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The first chapter covers the basic principles of the Technique; following chapters are on lessons, the teacher, performing arts, sports and exercise, and emotions

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a series created by Pedro de Alcantara. Dr. The Alexander Technique: A Skill for Life, and the children's novels Befuddled and Backtracked.

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This book contains all the articles by Dart which directly relate to the Alexander Technique plus two articles on the subject of skill and poise.

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