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Forsstrom, Brita and Mel Hampson. The Alexander Technique for Pregnancy and Childbirth. London: Victor Gollancz, 1995. A good overview of the

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Melbourne Alexander Technique School. Information, Lessons, prof. training, courses, yoga, and events.

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The Alexander Technique Birth Book: A Guide to Better Pregnancy, Natural Childbirth and Parenthood, 2006, Ilana Machover, Angela Drake, Jonathan Drake, 0954352254,

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