



The *AmSAT Articles Bibliography* presents a comprehensive, but not exhaustive, collection of titles on the Alexander Technique that have appeared in magazines, journals, textbooks, books, newspapers and Internet. This list, updated annually, provides AmSAT Members with a practical resource tool to help locate the articles for educational and research purposes. As this list is intended to be a resource guide only, copies of the articles are not available from the AmSAT Office. AmSAT Members should locate the articles on their own, as needed, and should observe standard copyright laws when duplicating the articles for personal use.

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AmSAT Articles Bibliography

List of Alexander Technique Articles
1909—Dec 2011

*The AmSAT Mission:
To establish the Alexander Technique as a basic and recognized
resource for health, productivity, and well-being.*

Missy Vineyard Contributions = mv Publisher	Date	Vol./Issue/Section/Pages	Author	Title
VASTA	8-Dec-2011	A World of Voice pp 157-163	Rootberg, Ruth	"End-gaining" and the "Meanws-Whereby": Discovering the best process to achieve goals of vocal training and pedagogy using the Alexander Technique
Huffington Post	7-Dec-2011	Healthy Living Chronic Pain	Fishman, Loren, M.D.	Mix and Match Several Alternative Therapies to Ease Back Pain
Yale Daily News	11-Nov-2011	online	Mittal, Divika	Your body is beautiful with the Alexander Technique
MajoringinMusic.com	1-Nov-2011	online	Rootberg, Ruth	Reducing Music Performance Anxiety
Medscape Today	3-Nov-2011	online Psychiatry	Brooks, Megan	Hand Illusion Helps Schizophrenics Connect Mind and Body
The Press	13-Oct-2011	online	Catton, Richard	Pain Study to focus on posture and acupuncture techniques
New York Times	4-Aug-2011	NY/Region ed. A21	Finn, Robin	To Relieve Tension, Mind the Spine but Do Not Relax
Johns Hopkins Health Alert	1-Aug-2011	August, 2011	staff	The Alexander Technique An Alternative Therapy for Chronic Back Pain
CDHA Journal	1-Jul-2011	Summer 2011 Vol. 27 No. 2	Ben-Yehuda, Dana	Learning to Work Pain Free-The Alexander Technique
New York Times	24-Jun-2011	Health	Alderman, Lesley	Sit Up Straight. Your Back Thanks You.
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JazzTimes	28-Apr-2011	columns	Levine Leitch, Sylvia	Charles "Charlie" Turyn: Learning on the Job
New York Press	27-Apr-2011	online	Safdieh, Paulette	Body Movement Without Stress
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Dallas Morning News	7-Sep-2010	online	Whitley, Chris	Alexander Technique helps reduce chronic back pain
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Thompson on Hollywood	12-Aug-2010	online	Thompson, Anne	Manly Movie Stars: Rodrigue talks the Evolution of Masculinity in Film
The Stage (UK)	11-Aug-2010	online	Hemley, Matthew	Fury as RADA cuts Alexander technique
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Wandsworth Guardian UK)	16-Jun-2010	online News	Harding, Eleanor	Taxpayer funds high heels course at South Thames College
UroToday	7-Jun-2010	AUA Annual meeting	staff	The impact of the Alexander Technique in improving posture during minimally invasive surgery
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Stroud News and Journal (UK)	8-Feb-2010	online	Smith, Sue	Sue Smith Learns All About the Alexander Technique
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Irish Times	12-Jan-2010	Health	staff	A relaxing walk on ice
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Ireland Online	11-Dec-2009	Entertainment Headlines	staff	Beckham hoping to improve posture
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New York Times	1-Jun-2009	online Consults	Staff	The Alexander Technique for Back Pain?
The Medill Report	26-May-2009	online	Doerner, Kimberly and Morgano, Gina	Andersonville man uses 'well-kept secret' to improve posture and relieve discomfort
The List (UK)	30-Apr-2009	online issue 628	staff	Swimming
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The Province (CA)	7-Nov-2008	online	Tsumura, Howard	Dual gifts of running and song keep Victoria's Arsenault in tune
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The Sydney Morning Herald (AU)	7-Nov-2008	online	Mangan, Lucy	Spinal Trap - best cures for back pain
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Erie Times News	12-Sep-2008	online edition	Dr. Peter Gott	Is alternative pain therapy good for me?
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ToplineInk Equestrian Journal	Nov-Dec, 2007	Longing (issue title), pp. 12-13	Clare-Newman, Constance	Break a leg
The Times	24-Nov-2007	Body & Soul	unknown	Alexander Technique vs. Tai Chi
Guardian	17-Nov-2007	on-line edition	Murphy, Sam	More speak, less pain
Guardian	6-Nov-2007	Health and Wellbeing	staff writer	Time to stretch
Health Club Management	November, 2007		staff writer	The Benefits of Yoga for children
ABC Magazine	November, 2007		staff writer	Up the wooden staircase
Exmoor—The Country Magazine	November, 2007		staff writer	A tough break
No.1 8 (name of publication uncertain)	November, 2007		staff writer	Meet Alexander: Can his Technique help your Asthma?
Health Central	22-Oct-2007	e-zine	Miller, Sloane	Learning to Listen to one's own Body
The Contra Costa Times	8-Oct-2007	Time Out, Section C	Tatko-Peterson, Ann	Alexander Teacher, Part Two
Now Casting	24-Oct-2007	on-line e-zine	Gilbert-Hill, Richard	Get back into pain-free living
The York Press	5-Oct-2007	on-line edition	Fifield, Nicola	Interview with Debby Jay
Now Casting	3-Oct-2007	on-line e-zine	Gilbert-Hill, Richard	Wholesome Healthy Living
Junior Pregnancy & Baby (UK)	October, 2007		staff writer	The hip bone's connected to the well-being bone
Amherst Bulletin	28-Sep-2007	Arts & Leisure, pp. 13-14.	Wells, Bonnie	Alexander Technique made easy
Manchester Evening News	24-Sep-2007	on-line edition	Thomason, Carmel	Standing tall: perfecting your posture
Timesonline	14-Sep-2007	on-line edition	White, Roland	Alternative Therapies for everyday health problems
My Weekly (UK)	18-Sep-2007		staff writer	4 Ways to Ease a Bad Back
Natural Health & Beauty (UK)	September, 2007		staff writer	The silent epidemic
Natural Health & Beauty (UK)	September, 2007		staff writer	Why not try...Alexander Technique
Red (UK)			Magee, Anna	Kahlil Ashanti and Daniel Beaty: Brief Encounter
The Scotsman	22-Aug-2007	online edition	staff writer	Feel Better
Scotland on Sunday (UK)	5-Aug-2007		staff writer	A creative artist—with a little help from the audience
Birmingham Post (UK)	2-Aug-2007		Wastie, Heather	The Relation of Head Balance to Vocal Use: An Alexander Technique Point of View
Voice and Gender	August, 2007	presented by the Voice and Speech Review; a journal of VASTA; pp. 164-170.	Rootberg, Ruth	Lack of sun can alter moods
South Wales Argus	27-Jul-2007		O'Connell, Clare	Health News you can Use
Yours (UK)	17-Jul-2007		staff writer	

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TwinCities.com-Pioneer Press	15-Jul-2007	online edition	Chin, Richard	Step by step: 3 ways to run
Yoga+	July-August, 2007	Awakening Spirit, p. 64, 66-68	Piperato, Susan	The Dance of Life: Isadora Duncan's Legacy
The Argus Lite (UK)	30-Jul-2007		Nicholls, Carolyn	Tiredness
Totnes News and Kingsbridge, Salcombe & South Hams Gazette (UK)	6-Jul-2007		staff writer	Alexander Technique
I'm Pregnant! (UK)	July, 2007		Deacon, Caroline	Back Pain in Pregnancy
Psychologies (UK)	July, 2007		Stephens, Anastasia	Posture Perfect
Natural Health and Beauty (UK)	July, 2007		Gazzola, Alex	Back for Good
American Music Teacher	June-July, 2007		Kind, Ethan	The hurting musician: why performers resist letting go of limitations (personal account)
Daily Telegraph (UK)	9-Jun-2007	on-line edition	Hart-Davis, Alice	Balancing act of high heels and health
Natural Health & Beauty magazine (UK)	Jun, 2007		Branson, Linn	Talk Yourself Confident
Practical Parenting Magazine (UK)	Jun, 2007		staff writer	Natural Healing
Slate	12-Jun-07	Medical Examiner	Moser, Laura	Unnatural Poise
Women's Fitness (UK)	June, 2007		Cartwright, Jill	Alexander Lessons
Sheffield Star (UK)	21-May-07	on-line edition	Lahive, Kate	Alexander the great Technique for aches
Evening Standard (UK)	15-May-2007		Bee, Peta	Going Flat Out
Sunday Times (UK)	13-May-2007	Style Magazine	Harper-Deacon, Jennifer	What's the alternative?
Evening Standard (UK)	8-May-2007		Hart-Davis, Alice	Perfect your posture
Back Stage East	3-May-2007	48.14, p 21	Sagolla, Lisa Jo	Alexander Technique for Actors
Healthy Magazine (UK)	May, 2007		Weston, Sue	Put out your short fuse
Zest Magazine (UK)	May, 2007		Buckingham, Lisa	Natural Cures for Back Pain
Quabbin Valley Voices	May, 2007	starting p. 2	Owen, Paula J.	Health festival aimed at educating region's seniors
Windsor Ascot; Maiden Head Observer; Slough & Langley Observer (UK)	27-Apr-2007	Past Tense	Zafar, Aamina	
Jewish Chronicle (UK)	13-Apr-2007		Pentol, Andrew	Shaw butterfly is a master stroke
I'm Pregnant Magazine (UK)	April, 2007		Deacon, Caroline	Back Pain in Pregnancy
She Magazine (UK)	April, 2007		staff writer	How I survived my husband's depression
Pregnancy Baby & You (UK)	April, 2007		staff writer	To the rescue - Back pain
Essentials Magazine (UK)	April, 2007		staff writer	Posture lessons cured my backache
Times Educational Supp. (Scotland)	23-Mar-2007		Blane, Douglas	Directions of the body
Sunday Business Post (Ireland)	18-Mar-2007		O'Connor, Ruth	Alexander is great for those back problems
You Magazine (Mail) UK	18-Mar-2007		Dr. Andrew Weil	Expert Advice on your wellbeing queries
Times Online	15-Mar-2007	online edition, Women	Bee, Peta	Working out the rights and wrongs: Is your workout doing you more harm than good?
BMJ (British Medical Journal)	10-Mar-2007	334:527-531	Binder, Allan I.	Cervical spondylosis and neck pain
Outside	March, 2007	Bodywork	Brandt, Ryan	Part 1: The Owner's Manual: Your Back
Rock River Times	7-Mar-2007	online ed.; Sect B, Guest Col.	Schalow, Dr. Phillip	The healing process: Cure or Cover-up?
Essentials Magazine (UK)	February, 2007		staff writer	Stop popping the painkillers!
Rock River Times	Jan 31 - Feb. 6, 2007	online edition	Schalow, Dr. Phillip	Guest Column: How to deal with pain
Country Dance and Song Society News	Jan-Feb, 2007	#194	Richmond, Phyllis	Free Your Neck!
Wall Street Journal	31-Jan-2007	Leisure & Arts, D10	Isacoff, Stuart	Classical Musicians Suffer for Their Art
Yours Magazine (UK)	16-Jan-2007		Dodgson, Liz	Celebrity Back Watch
Woman's Weekly Healthy Living (UK)	3-Jan-2007		Williams, Jean	Everything you need to Know about...your back and bones
Best Magazine (UK)	3-Jan-2007		Hope, Dr. Sally	Back to Basics
World Jewish Digest	January, 2007	Family Life, p. 31	Fuma, Simona	Making the Crooked Straight
Natural Health & Beauty (UK)	January, 2007		unknown	Is Stress Making you Ill?
Devon Today (UK)	January, 2007		unknown	no title yet

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Somatics	2007	Vol. XV no 2, pp. 19-26	Girard, Fernande	An Alexander Technique teacher's views on working with dancers
Argus (UK)	2006	Nicholls website archive	Nicholls, Carolyn	Alexander Technique
Times Online	20-Dec-2006	online edition	staff writer	Marjory Barlow
The American Organist	December, 2006	pp. 81-82	Drake, James M.	The Alexander Technique and Organ Playing: Freedom, Ease, Openness and Non-Doing
Journal of Dance Education	2006	Vol. 6, Number 3, pp. 79-85	Nettl-Fiol, Rebecaa, M., M.AmSAT	Alexander Technique and Dance Technique: Applications in the Studio
Amherst Bulletin	13-October, 2006	Muse Flashes, p. 16	Appelbaum, Patricia	Alexander School Hosts Open House Next Week
Tufts Health & Nutrition Letter	October, 2006	special supplement, p. 3	Nelson, Miriam E., PhD	9 Ways to De-Stress your Back
New York Magazine	October, 2006	on-line edition	Cohen, Arianne	The Posture People: Alexander Technique disciples want New Yorkers to straighten up
Pilates Style	Sept-Oct, 2006	complements, pp. 40-42.	Barkow, Judith Mizrahi	The Alexander Technique: awareness of our head, neck and spine can bring creative new thinking to our Pilates practice.
Making Music Magazine	6-Sep-2006	on-line edition	staff writer	Join the Movement: An Introduction to the Alexander Technique
Hampshire Life	1-Sep-2006	ID: A personal life, p. 8	Pfarrer, Steve	Ruth Rootberg Mealey
Barre Gazette	1-Sep-2006		staff writer	Alexander Technique Workshop Offered
Horse Gazette	Sept, 2006	on-line edition, Feature article & original	Fenstermaker, Kelly	Western Skies Women's Retreat
News-Medical.Net	24-Aug-2006	on-line edition	staff writer	A look at available birthing methods
The Washington Post	22-Aug-2006	on-line edition	Moran, Lindsay	Do They Deliver?
Globe & Mail	16-Aug-2006	on-line edition	staff writer	High-strung London Bankers Relax by Singing Do-Re-Mi
Sky.com	18-Aug-2006	on-line edition	Bennett, Suzy	A Shaw Thing
MedicineNet.com	4-Aug-2006	on-line edition	staff writer	Definition of Alexander technique
Sydney Morning Herald	3-Aug-2006	on-line edition	Richards, Deb	Put your Back into it
TheSpooof.com	1-Aug-2006	on-line edition	Phillips, John	Voodoo Doctors Oppose New Regulator
The First Post	17-Jul-2006	on-line edition	Hake, Elaine	Relax into the Alexander Technique
Dance Magazine	July, 2006	Mind Your Body	Wozny, Nancy	Somatics 101
Jamaica Observer, The	30-Jun-2006	Lifestyle	Edwards, Machael A.	Singer-model Chyna Gordon's hot touch
Leeds Today	22-Jun-2006	on-line edition	Dawson, Jayne	The beauty of sleeping
Martha Stewart Living	June, 2006	Healthy Living, pp. 130, 132, 134	Fusaro, Kimberly	Posture Perfect
Viet Nam News	30-May-2006	on-line edition	staff writer	Hue Festival gets a British Flavour
Financial Times	6-May-2006	on-line edition	Smockum, Edi	Healthy to the Core
Superherohype.com	5-May-2006	e-zine	Chitwood, Scott	Superman Returns Set Visit - Part 3
Daily India	3-May-2006	e-zine	Palmer, Roy	Posture is not improved by trying harder!
Connecticut Life Magazine	May, 2006	Letters to the Editor	Peter Anderheggen	Reader touts Alexander Technique
Dr. Andrew Weil's Self Healing	May, 2006	on-line edition	Weil, Dr. Andrew	Keeping Knees Healthy
Financial Times	29-Apr-2006	(p. 15 orig)	Cumbo, Josephine	Handling potential shortfall with poise
The Register	27-Apr-2006	e-zine	Abrahams, Peter, Bloor Research	Warning! Computers can cripple you
Luton Today	25-Apr-2006	on-line edition	staff writer	Paediatrician's posthumous printing
Athol Daily News	8-Apr-2006		Porter, Deborahrah	Orange Woman to Hold Lecture Demonstrations
Arbiteronline	20-Mar-2006	on-line edition	Kedish, Daniel	Relieve Stress and find peace in Qigong
Guardian, The	16-Mar-2006	on-line edition	Dix, Carol	Mind over Matter
Guardian, The	15-Mar-2006	on-line edition	Holloway, Amanda	Is there a doctor in the orchestra?
City Pulse	8-Mar-2006	on-line edition	Cosentino, Lawrence	Sit up straight and listen to Ludwig
Telegraph	3-Mar-2006	on-line edition	Durrant, Tony	Body and sole

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Barre Gazette	2-Mar-2006	Spotlight p. 14	Cox, Alana	Discover the Alexander Technique for Health, Poise and Fitness with Alana Cox
Quabbin Valley Voices	Mar, 2006		Charter, Carla	Alexander Technique offers variety of healing possibilities
Yes Magazine	Spring, 2006	Readers Forum, p. 5	Anderheggen, Peter	Alexander Technique is Best for Aging Well
Flute Talk	Feb, 2006	pp. 6-9, 22	Jicha, Victoria	Gary Schocker Does it His Way
OAG	2-Jan-2006	on-line edition	staff writer	Going flat out for comfort
Better Nutrition	Jan, 2006	Holistic Hookup, pp. 52-54.	Taylor, Christine	Silent Stress Relief
MS Focus	Winter, 2006	Vol. 8, Issue 1	Ratliff, Christine	Come to your Senses with The Alexander Technique
Parkinson Report	Winter, 2006	Vol. XII, Issue 1, p. 18	Johnson, Molly & Sheree Loftus	Alexander Technique and Parkinson's
Posture Magazine	c. 2006	Development	Makofsky, Howard	Occivator: The Occipital Levator
Argus (UK)	2005	Nicholls website archive	Nicholls, Carolyn	Alexander Technique
Die Suid-Afrikannse Musiekonderwyser (The South African Music Teacher)	November, 2005	p. 12	Munro, Marth	Review of Barbara Conable's <i>What Every Musician Needs to Know about the Body</i>
Die Suid-Afrikannse Musiekonderwyser (The South African Music Teacher)	November, 2005	pp. 16 - 18., 28	Rootberg, Ruth	The Alexander Technique in Tertiary Music Education & Review of Jane Heirich, Voice and the Alexander Technique
Spirituality & Health	Nov-Dec, 2005	Body Practices, pp. 78-79	Mann, Jennifer Derryberry	Sit with Grace
LA Times	8-Dec-2005	Weekend Calendar	McNulty, Charles - Theatre Critic	Holiday Gift Guide
Tennis Week	Nov.-Dec., 2005	pp. 42-44	Fein, Paul	Adelman Finds Alexander: Could an actor's technique be a hands-on revolution in tennis coaching?
Stony Brook Independent	23-Nov-2005	on-line edition	Brancato, Anthony	The Alexander Technique is a step in the Right Direction
Pregnancy.org	19-Nov-2005	on-line edition	Likar, Amy and Constance Clare-Newman	Pregnancy and Childbirth with the Alexander Technique
New York Times	17-Nov-2005	late edition, Sect. G, Page. 10	Saint Louis, Catherine	Physical Culture: A Straight-Up Approach to Better Fitness
The Wall Street Journal	11-Nov-2005	The Home Front	Donelson, Sophie	A Kitchen for Your Aching Back
Brattleboro Reformer	7-Nov-2005	on-line version	Madden, Darry	Equestrians honor pioneer of 'Centered Riding'
Classical Singer	Nov, 2005	Vol. 18 no. 11	White, Amanda	Putting Alexander to the Test
Sainsbury's Magazine (UK)	Nov, 2005	p. 134-140	Staff writer	Watch Your Back
Crush Magazine	5-Oct-2005	pp. 151-154	Billera, Leslie	Hole-in-One Holistics
Voice Prints	Sept-Oct-2005	on-line version	Keyes, Katherine	Review of Jane Ruby Heirich's book
Times Online	19-Sep-2005	Health Briefings	Bee, Peta	Simple steps can put an end to unnecessary suffering
The Guardian	11-Sep-2005	Observer Magazine, on-line	Forrest, Emma	All the right moves
The Hindu	9-Sep-2005	on-line from Health Library.com	Charan, Sahana	Hope for people with RSI
HarperCollins	Sept, 2005	book	Strauss, Neil	The Game
American Music Teacher	Aug-Sep, 2005	Vol. 55, No. 1	Sontag, Jerry	Review of Jane Ruby Heirich's book
Minneapolis/St. Paul	Sept, 2005	Fall Arts: Dance, p. 282	Rusch, Colin	East, Please Meet West
Focus on Healthy Aging (Mount Sinai School of Medicine Newsletter)	Sept, 2005	Vol. 8 Number 9, "Exercise"	staff writer	Ease into Movement
The Times	10-Aug-2005	Register	staff writer	Walter Carrington: Exponent of the Alexander technique who inspired generations of teachers
e-Fitness	Aug, 2005	on-line version	Vall, Leland	Fitness Extra: The Great Alexander Technique
The Times	10-Aug-2005	Obituaries	Staff writer	Walter Carrington: Exponent of the Alexander technique who inspired generations of teachers
The Union	8-Jul-2005	on-line version	Daggett, Suzie	Understanding Movement therapy

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Physical Therapy Journal	June, 2005	on-line version; Vol 85, No. 6	Cacciatore, Timothy W., Fay B. Horak, Sharon M. Henry	Improvement in Automatic Postural Coordination Following Alexander Technique Lessons in a Person with Low Back Pain
The Spinal Connection	Spring/Summer, 2005	Vol 21, No 1	Lieb, N. Brooke	The Alexander Technique: An Educational Resource for People with Scoliosis
Health World On-line	31-May-05		Healthy.net	International Alexander Awareness Week June 13th-19th, 2005
The Villager	11-May-2005	on-line version	Wick, Donna	Movement with Purpose: New fitness program all the rage at Bally's and YMCA
Healthy Living NYC	8-May-2005	on-line version	Arcaya, Beret	Discovering the Alexander Technique
Daily Northwestern	5-May-2005	on-line version	Ettleman, Lee S.	Alexander method gives relief, poise for a fee
Healing Lifestyles	May, 2005	on-line version	Williams, Tanya M.	The Supple Spine
Mandala	Apr-May, 2005	Practice	Chance, Jeremy	The Dharma of Sitting
Times Online	01-Apr-05	on-line version	Michele Kirsch	Walk this Way
Times Online	19-Mar-2005	on-line version	staff writer	Body & Soul: Shaping Up: The Health Department
Natural Health	Mar, 2005	on-line version	Cohen, Sharon	Eliminate Job Strain: The Alexander Technique retrains your body to avoid end-of-workday aches and pains
Sunday Telegraph (Australia)	6-Mar-2005	on-line version	Daniels, Jeff	Stayin' Alive
Natural Health	Mar, 2005	p. 104	Cohen, Sharon	Eliminate Job Strain: The Alexander Technique retrains your body to avoid end-of-workday aches and pains
Kalsa News (India)	23-Feb-2005	on-line version	staff writer	no title
Amherst Bulletin	4-Feb-2005	Arts & Leisure-Muse Flashes	Wells, Bonnie	Alexander Center Plans Free Demonstrations
The Valley Advocate	13-Jan-2005	Wellness	O'Brien, Glenn	How Chic Exercises with Models Changed my Golf Game-in a Good Way
Essential Wellness	5-Jan-2005	on-line version	Hill, Lauren	Transform Your Thoughts to Start a Path to Recovery
Allegro: Associated Musicians of Greater New York	Jan, 2005		Arnold, Joan	Marshalling Your Body's Intelligence
MS Ireland	© 2005	on-line version	staff writer	Alexander Method: Body over Mind
Voice and Speech Review	© 2005	Shakespeare Around the Globe	Rootberg, Ruth	Voice and the Alexander Technique: Active Exploration for speaking and singing by Jane Ruby Heirich
HarperCollins	© 2005	Alternatives: Mind and Body Approaches	Shomon, Mary	Living Well with Hypothyroidism
Australian Voice, J. of the Australian National Assoc. of Teachers of Singing	2005	Vol. 11, p. 65	Veldhoven, Carol	Voice and the Alexander Technique
Money Plans Archives	2005	on-line edition	Kaszina, Annie, BA, Hons PhD, MSTAT	More vitality with the Alexander Technique
Journal of Dance Education	2005	Vol. 5, No. 5, 125-131	Girard, Fernande & Sylvie Fortin	Dancer's Application of the Alexander Technique
Violinist.com	17-Dec-2004	on-line chat	Stephen Brivati	Why Attack Alexander Technique if you Haven't Done it?
Sydney Morning Herald	16-Dec-2004	on-line version	staff writer	Remarkable Success of a Flawed yet Upright Man
Times Online	4-Dec-2004	on-line version	Tappin-Coelho, Janet	Put your Back Into It
Boston Women's Journal	Dec, 2004	Mind & Body	Raynor, Cecile	The Alexander Technique: A Tool To Higher Consciousness!
Publisher unknown	Fall, 2004		Riddell, Rose	Taking the Strain out of Work
Violinist.com	12-Oct-2004	on-line chat	Stephen Brivati	New Trio, New Life?
Scotsman	11-Oct-2004	on-line version	Purdie, Sandra	Ten Steps to Happiness
Figyelo	7-Oct-2004		Vrannai, Katalin	Yoga of the West
Classical Singer	Oct, 2004	on-line version	Carbajal, Gil	Lord of "The Ring"

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Soul Healer Press	Sep, 2004	Appendix to book	Louise, Rita, PhD	Avoiding the Cosmic 2x4
Amherst Bulletin	20-Aug-2004		Lehrer, Phyllis	Healing Through Movement, Mind: Amherst Woman Teaches Alexander Technique
Oxford Mail	20-Aug-2004		Staff Writer	Opera Offers Upright Theme
Zap2it	10-Aug-2004	on-line version	Nguyen, Hanh	Diaries 2' Is Julie Andrews' 'Crowning Glory'
The Star	7-Aug-2004	on-line version	Littler, William	The American Dream as Sung from a Cave
Telegraph	3-Aug-2004	on-line version	Staff Writer	Bakers Fight for a Crust in New Age High Street
Boston Women's Journal	Aug, 2004	Mind & Body	Raynor, Cecile	Pregnancy, Parenting & the Alexander Technique
Guardian, The	July 31, 2004	Wellbeingspirit; p. 41	Millar, Fiona	Ready, Get Set ,Go... Spirited Away
Telegraph	23-Jul-2004	on-line version	Lantin, Barbara	Relax--Then Take the Plunge
Action-Adventure Movies	16-Jul-2004	on-line version	Topel, Fred	Alan Tudyk Interview:I Robot's Sunny
KSDK NewsChannel 5	22-Jun-2002	on-line version	Madosky, William	Back Doctor: Alexander Technique and Back Pain
Independent	21-Jun-2004	on-line version	Quinn, Catherine	Work Out What's Important
Boston Globe, Internet Version	20-Jun-2004		Staff Writer	No Guts, No Glory
MetroHealth	15-Jun-2004	on-line version	Walters, Jamie (editor)	Alexander the Great
Daily Hampshire Gazette (Amherst, MA)	12-Jun-2004	Weekend Gazetter, B3	Staff Writer	Briefs
The Scotsman	8-Jun-2004		Bloch, Michael	Learning to Walk Tall at the Age of 37
Pittsburgh Post-Gazette	8-Jun-2004	Health	Buchanan, Katy	Alexander Technique Aims to Ease Body Stresses from Busy Lifestyles
Dance Magazine	Jun, 2004		Weeks, Janet	Alexander Technique: Get in Gear
Elle	Jun, 2004		Keeley, Meaghan	Lean Routines
Boston Women's Journal	Jun, 2004	Mind & Body	Raynor, Cecile	The Alexander Technique & Repetitive Stress Injuries
The Huddersfield Daily Examiner	19-May-2004		Stelfox, Hilarie	How to Stop your Body Carrying your Cares
TexWomen Magazine	13-May-2004		Glendenning, Jim	The Alexander Method
Prevention.com	13-May-2004		Yeager, Selene	The Secret to a Flatter Belly
North County Times; The Californian	7-May-2004		Hammarstrom, Wendy	In Touch: Method Helps Find Balance, Cuts Stress
Truth, Goshen, IN	1-May-2004		King, Marshall	Back to Mind: Alexander Technique Teaches the Body What it Once Knew about the Instinctive Relationship Between Head, Neck and Back
Massage Magazine	May-Jun, 2004		Myers, Thomas	Body Language: M
Boston Women's Journal	Apr-May, 2004	Mind & Body	Raynor, Cecile	The Alexander Technique: A Tool To Reach Your Highest Potential That Performers Have Used For Over 100 Years!
Cooking Light	Apr, 2004	Fitness Front, pp. 98-107	Murphy, Myatt	Realign Yourself
Newhouse News Service	24-Mar-2004	on-line version	Melendez, Michele M.	Ergonomics Joins Rhythm and Intonation in Music Study
Daily Mail	15-Mar-2004		Keeling, Judith	20 Ways to a Perfect Bum
Dance Magazine	Mar, 2004	Body, Mind, Spirit - supplement	Martin, Suzanne, PT, DPT	Body Work Basics
Dance Magazine	Mar, 2004	Dance Magazine Recommends, p. 60	Perron, Wendy	The Alexander Technique: Changing your Life by Changing your Posture, a Lesson with Jane Kosminsky
Boston Women's Journal, The	Feb-Mar, 2004	Mind & Body	Raynor, Cecile	The Alexander Technique: A Way to Promote Effortless Posture and Fluid Movement
Life Simplified	Feb 20 & Mar 5, 2004	Newsletter # 022004 & 030504	Staff Writer & Ben-Yehuda, Dana	"Organize your Body with Alexander Technique" & "Stand, Walk, Sit with 30% Less Effort: Learn to Simplify Your Everyday Actions"

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Toronto Star	6-Feb-2004		Mawhinney, Janice	Reversing gravity's effects: Using Alexander Technique, clients become expansive
The BackLetter	Feb, 2004	Vol. 19, No. 2	Staff Writer	Scientific Studies Are Evaluating Posture as a Therapy
Ezine @articles	2004	on-line edition	Kaszina, Annie	Top Ten Reasons Why Men Don't Want to Learn the Alexander Technique
More	Nov, 2003		Eastburn, Brooke	Beauty Inside-out
PRWEB	Oct, 2003		Staff Writer	New Washington, D.C. Program for Performing Artists Debunks "No pain No Gain" Paradigm
Sound Generator	Oct, 2003	on-line version	News Desk	Guildhall Symphony Orchestra Wagner Concert
Real Simple	Oct, 2003		Foley, Kevin	The Back Story
Les Nouvelles Esthétiques	Sep, 2003	p. 108-9	Ben-Yehuda, Dana	Anti-aging Technique
Prevention	Sep, 2003	Alternative Medicine News	Poust, Jenny	Straighten Up, Be a Star
Taste for Life	Aug, 2003		Bracciante, Lara Evans	Fitness Matters
Strad, The	Aug, 2003		De Alcantera, Pedro	In a Spin
Dr. McCall.com	on-line Aug-03	on-line version	McCall, Timothy, M.D.	An Integrative Approach to Back Pain
Dr. McCall.com	on-line Aug-03	on-line version	McCall, Timothy, M.D.	Let the Alexander Technique Help You
Massage Magazine	July-Aug, 2003	p. 130	Staff writer	Research: Alexander Technique Benefits People with Parkinson's Disease
Budapestsun	5-Jun-2003	on-line version - Style	Mallows, Lucy	Learning to eliminate pain
Classical Singer	Jun, 2003		Gunnell, Lori	Watch Your Back: How Alexander Technique can change your life and art
San Francisco Chronicle	14-May-03	Datebook	Johnson, G. Allen	Body of Work: Frank Ottiwell trains aspiring actors in his specialty: the Alexander Technique
Sports Guide: Outdoor Recreation, Fitness & Travel for the West	May, 2003		Cheney, Kate	Sports Medicine
Diablo Magazine	May, 2003	Vol. 24, Number 5	Craddick, Hannah	The Diablo Guide: alternative medicine: hand-to-back combat
Washington Post	25-Mar-03	on-line version	Mencimer, Stephanie	Tuba Lips, Guitar Nipples and Other Musical Maladies
Good Morning from DrWeill.com	13-Feb-03	on-line subscription	Weil, Dr. Andrew	Tip: Use Your Mind to Heal Your Body
Dance Spirit Magazine	Jan, 2003	Vol. 7, Number 1	Taber, Judith	Dancer's Body: Head to the Neck
Catholic Digest	Feb, 2003		Hopkins, Cynthia	Is Your Posture Making You Sick?
Alpine Observer	2003		Glendinning, Jim	Feel Better, Ride Better: Posture Key to Alexander Technique
Research in Complementary and Natural Classical Medicine	2003	Vol. 10, No. 6, pp. 325-9	Ernst, E., Canter, PH.	The Alexander Technique: A Systematic review of controlled clinical trials
Natural Horse Magazine	2003		Carrington, Walter	"Charles Harris--A Personal Memoir" (working title)
Horse Magazine (Australia), The	2003		Carrington, Walter	"Charles Harris--A Personal Memoir" (working title)
Horse & Stable (New Zealand)	2003		Carrington, Walter	"Charles Harris--A Personal Memoir" (working title)
Film, Broadcast and Electronic Media Coaching	2003	presented by the Voice and Speech Review; a journal of VASTA	Rootberg, Ruth	Clavicular Breathing, Held Shoulders and Related Issues
Film, Broadcast and Electronic Media Coaching	2003	presented by the Voice and Speech Review; a journal of VASTA	Rootberg, Ruth	Principles of Breathing, Pedagogy and Language
Film, Broadcast and Electronic Media Coaching	2003	presented by the Voice and Speech Review; a journal of VASTA	Madden, Cathy	A Letter From an Alexander Technique Teacher to Voice Professionals: The Trouble with Teaching Breath with Metaphors

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Archives of Physical Medicine and Rehabilitation, Academy Annual Assembly Abstracts	2003	Vol 84, A 19	Vad, V. etal	The role of Back Builders exercise program in low back pain
Alternative Medicine and Rehabilitation	2003	pp. 175-184	Batson, Glenna	The Alexander Technique
PMPR Cosmetic Forecast 2003/2004	2003 (Pub. Date)	Body Care	Dana Ben-Yehuda	The Alexander Technique: The Newest 100 Year-Old Trend in European Spas & Wellness Centers
STATnews	Sep, 2002	Vol. 6, Issue 8	Clark, Jean	AmSAT AGM
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