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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Simple Step-by-step Alexander Technique: Regain Your Natural Poise and Alleviate Stress, Michele MacDonnell, This book shows you how to improve poor posture habits to enhance your health and improve well-being, with over 150 easy to refer to photographs. It illustrates more appropriate ways to perform everyday activities outside and in the home, such as cooking, cleaning, eating and drinking, working at a desk, using the phone, carrying shopping and more. It offers...

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