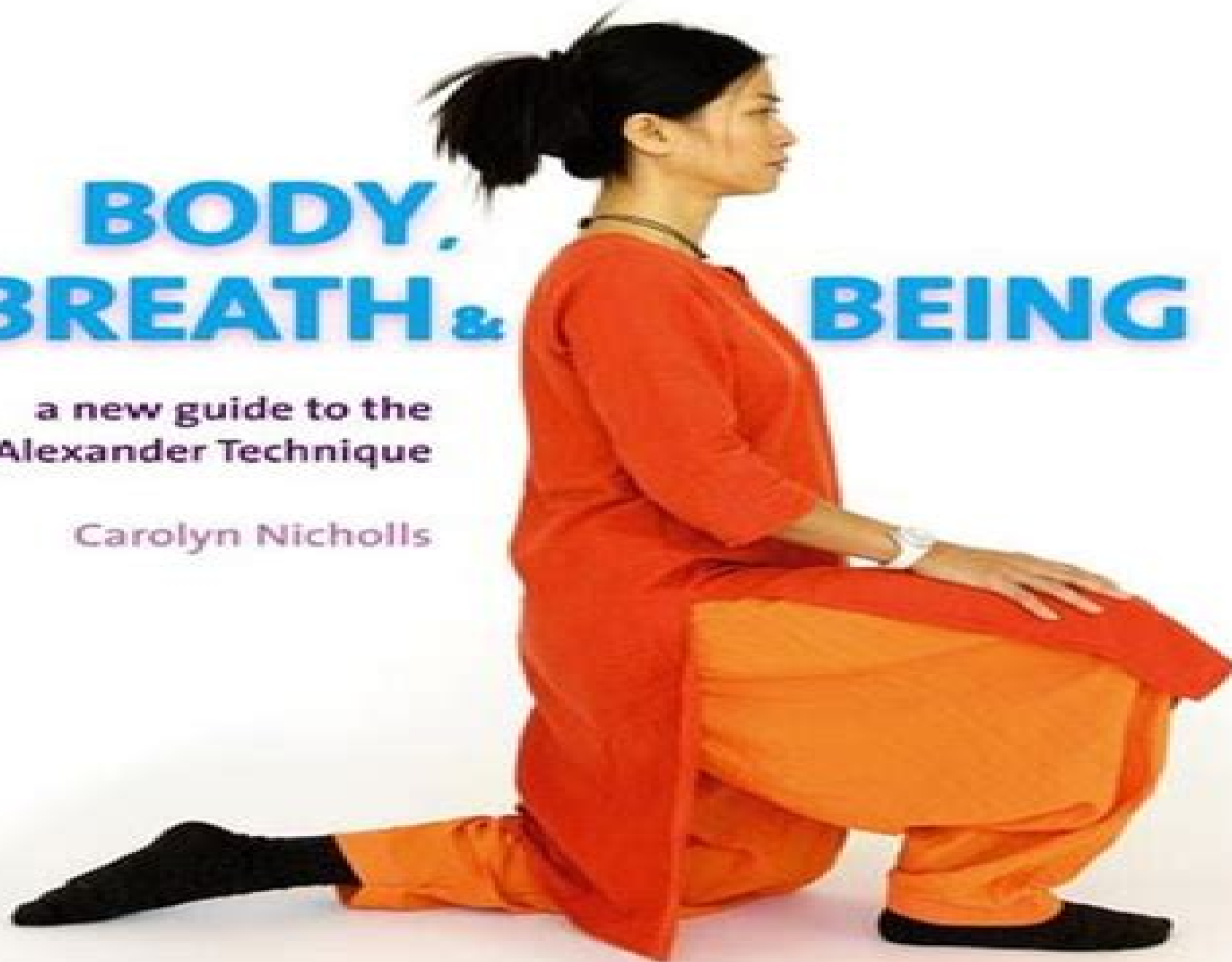


BODY, BREATH & BEING

a new guide to the
Alexander Technique

Carolyn Nicholls



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