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the alexander technique at is a remarkably simple but powerful method for learning to skillfully control how your brain and body interact allowing you to better coordinate your movements while increasing the accuracy of your mind's thoughts and perceptions now in how you stand how you move how you live leading alexander technique master teacher missy vineyard sheds a completely fresh light on this revolutionary method and in the process offers path breaking insight into the mind body connection vineyard thoroughly explains and teaches the central skills of the at through simple self experiments and she offers engaging stories of students in their lessons to show its effective application across a range of disciplines including the performing arts athletics health psychology and education how you stand how you move how you live introduces us to a world within ourselves that we know surprisingly little about and thereby helps us to understand why we often cannot do what we should be able to do why we harm ourselves with chronic tension and anxiety and why our thoughts often seem beyond our control vineyard is also the first at teacher to draw on cutting edge research in neuroscience and to synthesize those findings with at theories and techniques she fully illuminates the benefits to be reaped by mastery of the alexander technique which include release from acute or chronic physical pain enhanced mental attention and focus reduced anxiety improved balance and coordination relief from tension and stress increased ease and efficiency performing precise movement skills

the educational media and technology yearbook has become a standard reference in many libraries and professional collections it provides a valuable historical record of current

ideas and developments in the field part one of this updated volume trends and issues in learning design and technology presents an array of chapters that develop some of the current themes listed above in addition to others in part two leadership profiles authors provide biographical sketches of the careers of instructional technology leaders part three organizations and associations in north america and part four worldwide list of graduate programs in learning design technology information or libraries are respectively directories of instructional technology related organizations and institutions of higher learning offering degrees in related fields finally part five the mediagraphy presents an annotated listing of selected current publications related to the field

this book an authoritative text on musculoskeletal and physical medicine that integrates eastern and western approaches covers every aspect of musculoskeletal medicine starting with an in depth introduction to traditional chinese medicine tcm principles as they relate to the subject author alon marcus surveys the science of pain from both modern biomedical and tcm perspectives examines the foundations of integrative musculoskeletal medicine explores biomedical and osteopathic clinical assessment and outlines treatment options such as acupuncture blood letting and meridian therapy other chapters analyze herbal medicine integrative electrotherapeutics manual therapy and much more

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this book demonstrates the political potential of mainstream theatre in the us at the end of the twentieth century tracing ideological change over time in the reception of us mainstream plays taking hiv aids as their topic from 1985 to 2000 this is the first study to combine the topics of the politics of performance lgbt theatre and mainstream theatre s political potential a juxtaposition that shows how radical ideas become mainstream that is how the dominant ideology changes using materialist semiotics and extensive archival research juntunen delineates the cultural history of four pivotal productions from that period larry kramer s the normal heart 1985 tony kushner s angels in america 1992 jonathan laron s rent 1996 and moises kaufman s the laramie project 2000 examining the connection between aids mainstream theatre and the media reveals key systems at work in ideological change over time during a deadly epidemic whose effects changed the nation forever employing media theory alongside nationalism studies and utilizing dozens of reviews for each case study the volume demonstrates that reviews are valuable evidence of how a production was hailed by society s ideological gatekeepers mixing this new use of reviews alongside textual analysis and material study such as the theaters locations architectures merchandise program notes and advertising creates an uncommonly rich description of these productions and their ideological effects this book will be of interest to scholars and students of theatre politics media studies queer theory and us history and to those with an interest in gay civil rights one of the most successful social movements of the late twentieth century

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