



Despite the title of this book by Penelope Easten it is not about the Alexander Technique of F.M. Alexander. Instead, it is mainly about the Masoero/Easten, Katy Bowman, Philip Shepherd and others, technique. If you buy it, you will have bought a pig in a poke. I have been teaching the Alexander Technique for more than 50 years and running an approved teacher-training course for 40 years, so the purpose of my document is to alert readers of this book who may be relatively new to the Alexander Technique to the many errors and misleading statements in it.

Penelope Easten has written a book with many diagrams and Q-code presentations. It is splendidly presented with professionally made photographs and diagrams and a text that is obviously written by someone who has a clear vision and view.

However, I strongly question calling it on the front cover *The Alexander Technique*, and then within denigrating Alexander and his family, producing assertion after assertion with no evidence, and calling it some kind of previously hidden truth. No one in the world of the Alexander Technique should be fooled into assuming that what she writes of the history of the Technique has credibility. This book is not about the Alexander Technique but about the "ME" (Masoero-Easten) technique as devised by Jeando Masoero and Penelope Easten. It is replete with factual errors, technical errors and many unsubstantiated assertions. If you buy it and read it then please take into account all the caveats and questions I am putting here.

This document has taken me several months of work to complete and it runs to 100 pages as I wanted to look at the whole text.

I am very happy to send it to anyone if they will kindly send me 10 euros (or£10) for it.

In addition to my critical review, you will find quite a few teaching points that I hope will assist you in your Alexander Technique understanding and teaching.

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