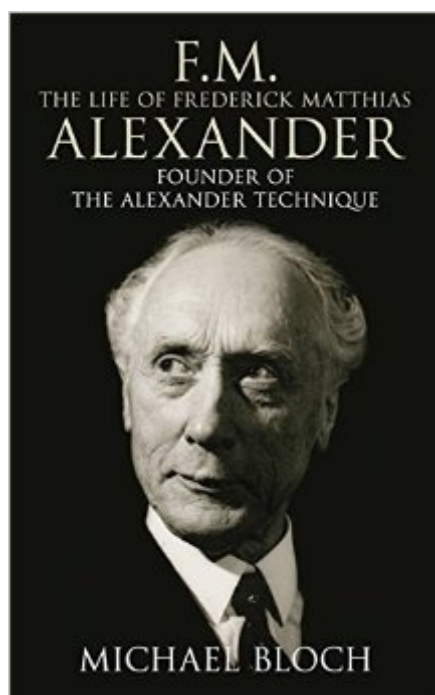


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# FM - The Life Of Frederick Matthias Alexander



## Synopsis

The Alexander Technique is a method of muscular re-education, which has become standard training for actors, dancers and singers, and is practised for health reasons all over the world. Its founder, Frederick Matthias Alexander (1869-1955), was an Australian actor who stumbled upon it in the 1890s after studying himself in mirrors to discover why he had lost his voice. He realised that most people suffered from the same postural defects he had noticed in himself, and that this explained much of what went wrong with them. F.M. (as he was known) came to London in 1904 and became enormously successful. During the First World War he practised in America with equal success, converting the American philosopher John Dewey to his cause. He wrote four books (all still in print), and his supporters included Aldous Huxley, George Bernard Shaw and Stafford Cripps. He was, however, a difficult and argumentative man who made enemies. Towards the end of his life he embarked on a libel action against the South African government, which had accused him of charlatanry. He won, and went on practising and propagating his technique until his death aged 86.

## Book Information

Paperback: 288 pages

Publisher: Little, Brown (June 3, 2004)

Language: English

ISBN-10: 0316860484

ISBN-13: 978-0316860482

Product Dimensions: 5.4 x 0.9 x 8.5 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #1,226,599 in Books (See Top 100 in Books) #266 in [Books > Biographies & Memoirs > Ethnic & National > Australian](#) #2355 in [Books > Biographies & Memoirs > Professionals & Academics > Medical](#) #9326 in [Books > Biographies & Memoirs > Leaders & Notable People > Military](#)

## Customer Reviews

The institution, which in Emerson's words, is the lengthened shadow of one man, and which now embodies the Alexander Technique, owes a debt of gratitude to the author Michael Bloch. This book brings life to the person behind the shadow.

This book is interesting because: The principles are conveyed in the context of F.M. Alexander's life and the time period. You get a sense of what was important to F.M. Alexander. The challenges that Alexander faced, especially since he was Australian, objectively portrayed. Questions such as "Was F.M. Alexander a good actor?" and "Why would he leave acting for teaching?" are answered.

Bloch's biography of FM Alexander is informative, engaging, comprehensive, and altogether an enjoyable read. Bloch draws together the threads of Alexander's life--insofar as that is possible--and keeps you turning the pages. This is not a How-To book about the Alexander Technique itself, but an excellent source about the man and his life.

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