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To The Alexander Technique

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In *Disappearing Persons*, psychoanalyst Benjamin Kilborne looks at how we control appearance as an attempt to manage or take charge of our feelings. Arguing that the psychology of appearance has not been adequately explored, Kilborne deftly weaves together examples from literature and his own

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clinical practice to establish shame and appearance as central fears in both literature and life, and describes how shame about appearance can generate not only the wish to disappear but also the fear of disappearing. A hybrid of applied literature and psychoanalysis, *Disappearing Persons* helps us to understand the roots of the psychocultural crisis confronting our increasingly appearance-

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oriented, shame-driven society.

"The History of the Standard Oil Company" is an exposé about the Standard Oil Company, run by oil tycoon John D. Rockefeller, the richest figure in American history. The inspiration behind this book was largely fueled by author's childhood experiences. Her father worked for Standard Oil and lived through what she called "hate, suspicion, and fear that engulfed the community."

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As a direct witness to the schemes and horizontal integration of John D. Rockefeller and his associates, Ida Tarbell began building the foundations of "The History of the Standard Oil Company" early on, using her own discontent as a starting point. This book inspired many other journalists to write about trusts and large businesses that attempted to gain monopolies in various industries.

This astonishing book

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presents a distinctive approach to the politics of everyday life.

Ranging across a variety of spaces in which politics and the political unfold, it questions what is meant by perception, representation and practice, with the aim of valuing the fugitive practices that exist on the margins of the known. It revolves around three key functions. It: introduces the rather dispersed discussion of

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non-representational theory to a wider audience provides the basis for an experimental rather than a representational approach to the social sciences and humanities begins the task of constructing a different kind of political genre. A groundbreaking and comprehensive introduction to this key topic, Thrift's outstanding work brings together further writings from a body of work that has come to be

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known as non-
representational theory.

This noteworthy book
makes a significant
contribution to the
literature in this area
and is essential reading
for researchers and
postgraduates in the
fields of social theory,
sociology, geography,
anthropology and
cultural studies.

The Complete Illustrated
Guide to Alexander
Technique A Practical
Program for Health,
Poise, and
Fitness Element Books

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Limited

A Practical Course for
Developing the
Expressive Actor's Voice
Alexander and the Wind-
Up Mouse

A Practical Program for
Health, Poise, and
Fitness

How to manage stress in
any situation

The Mystery of Mary
Stuart

Handbook for a Spiritual
Revolution

This carefully crafted ebook: 'Samuel
Taylor Coleridge: The Man Behind
The Lyrics (Complete Illustrated
Edition)' is formatted for your

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eReader with a functional and detailed table of contents. Samuel Taylor Coleridge (1772-1834) was an English poet, literary critic and philosopher who, with his friend William Wordsworth, was a founder of the Romantic Movement in England and a member of the Lake Poets. He wrote the poems The Rime of the Ancient Mariner and Kubla Khan, as well as the major prose work Biographia Literaria. His critical work, especially on Shakespeare, was highly influential, and he helped introduce German idealist philosophy to English-speaking culture. He coined many familiar words and phrases, including suspension of disbelief. He was a major influence on Emerson, and

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American transcendentalism. Coleridge is one of the most important figures in English poetry. His poems directly and deeply influenced all the major poets of the age. He was known by his contemporaries as a meticulous craftsman who was more rigorous in his careful reworking of his poems than any other poet, and Southey and Wordsworth were dependent on his professional advice.

"Refreshing and imaginative, this book teaches through enhanced awareness and instructs through clear and specific exercises." Cicely Berry A practical course for actors and other professional voice-users to achieve clarity and expressivity with the voice.

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Setting out the fundamental principles of voice training, the book provides structured and informed methods for developing vocal power, range and flexibility. At the heart of the book are practical projects with exercises and examples supplied in the accompanying online videos, which enable you to: - connect your breath with your voice - meet the demands of your performance - use your voice expressively through fully controlling pitch and range Each chapter consists of an introductory framework; explorations; exercises; follow-up work; suggested texts and further reading altogether offering a unique, student-centred approach not found in other voice books. This revised

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edition speaks more directly to the actor, rather than the voice teacher, through revised terminology and descriptions, updated references, additional appendices on health and other issues related to trends in contemporary drama and questions of equality, diversity and inclusion with respect to vocabulary and suggested texts. Includes forewords by Cicely Berry and Fiona Shaw.

Ready to take back control? We all have stress in our lives. It could be a deadline at work, a major change such as a house move, or a relationship breakdown. Whatever it is, it can leave you feeling out of control. How to Manage Stress helps you work out what it is that makes you stressed and

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shows you how you can tackle it.

Whether you crumble under pressure, get angry, or simply bury your head in the sand, this book provides effective techniques to help you take the edge off and even channel your stress in a positive way. · Know how to create

a calm and stress-free environment ·

Make better use of your time – never again get overwhelmed · Identify

stress in yourself and others – and

know what to do about it ‘ Engaging,

practical and packed with simple to achieve exercises that really do help

you combat stress. ’ Matthew Cole,

Clinical Director, York Stress &

Trauma Centre

On a day when everything goes wrong for him, Alexander is consoled by the

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thought that other people have bad days too.

The Landmark Arrian

A Practical Guide to Creating

Healing, Protection, and Prosperity

Using Plants, Herbs, and Flowers

Learning the Alexander Technique to

Explore Your Mind-Body

Connection and Achieve Self-

Mastery

Dreams and Their Meanings

The Complete Modern Blacksmith

The Vocal Arts Workbook

When Alexander feels mad or

dad he wants to move to

Australia. But most of the time

he likes it right where he is. So

when his mom and dad say

that they're moving a

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thousand miles away,
Alexander decides that he's
not going. Never, Not ever. No
way. Uh uh. N.O. For how can
he leave his best friend or his
favorite sitter or Seymour the
cleaners? he'd rather stay and
live in a tree house or cave.
And even though Nick calls
him puke-face and Anthony
says he's immature, he's not
(Do you hear me? I mean it!)
going to move.

A fully illustrated guide to this
beneficial posture & body
movement system.

"An illustrated edition of the
firsthand account of the
whaler Essex's attack and

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sinking by a sperm whale, the inspiration for Moby-Dick.

Includes a new introduction and supplementary extracts from a variety of sources"--

A comprehensive guide offers advice on curing common ailments using alternative healing therapies such as acupuncture, dance, and aromatherapy.

How You Stand, How You Move, How You Live

The Complete Illustrated Book of Development Definitions

Alexander, Who's Not (Do You Hear Me? I Mean It!) Going to Move

The History of the Standard Oil

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Company (Complete Illustrated
Edition)

Wonderful Alexander and the
Catwings

The Complete Writings of
Alexander Mack

*An assortment of children and pets
climb over, under, and through the
letters of the alphabet in this
illustrated presentation of a
familiar song. Includes music.*

*During twelve years of continuous
campaigns, Alexander conquered
an empire that stretched from the
shores of the Adriatic to the edge of
modern India. Arrian's history of
those conquests is the most reliable
and detailed account to emerge
from the ancient world. --from*

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publisher description

The greatest poet of the eighteenth century deserves a place in the digital library of all lovers of poetry. Delphi Poets Series offers readers the works of literature's finest poets, with superior formatting. This volume presents the complete poetical works of Alexander Pope, with beautiful illustrations and the usual Delphi bonus material. (Version 1) *

Beautifully illustrated with images relating to Pope's life and works * Concise introductions to the poetry and other works * Images of how the poetry books were first printed, giving your eReader a taste of the original texts * Excellent

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*formatting of the poems * Features all three versions of the major text THE DUNCIAD, appearing for the first time in digital print * Special chronological and alphabetical contents tables for the poetry * Easily locate the poems you want to read * Includes Pope's rare play * Features three biographies – discover Pope's literary life * Scholarly ordering of texts into chronological order and literary genres*

CONTENTS: The Poetry Collections

EARLY POEMS

PASTORALS WINDSOR FOREST

AN ESSAY ON CRITICISM

POEMS, 1708–17 THE RAPE OF

THE LOCK ELOISA TO

ABELARD POEMS: 1718–27 THE

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***CURLL MISCELLANIES POEMS
SUGGESTED BY GULLIVER
LATER POEMS EPIGRAMS AND
EPITAPHS AN ESSAY ON MAN
MORAL ESSAYS SATIRES THE
DUNCIAD THE ILIAD THE
ODYSSEY The Poems LIST OF
POEMS IN CHRONOLOGICAL
ORDER LIST OF POEMS IN
ALPHABETICAL ORDER The
Play THREE HOURS AFTER
MARRIAGE by John Gay,
Alexander Pope and John
Arbuthnot The Biographies
ALEXANDER POPE by Leslie
Stephen THE AGE OF POPE by
John Dennis BRIEF LIFE OF
POPE by Thomas De Quincey
What Katy Did is a children's book***

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which follows the adventures of a twelve-year-old American girl, Katy Carr, and her family who live in the fictional lakeside Ohio town of Burnet in the 1860s. Katy is a tall untidy tomboy, forever getting into scrapes but wishing to be beautiful and beloved. When a terrible accident makes her an invalid, her illness and four-year recovery gradually teach her to be as good and kind as she has always wanted. Two sequels follow Katy as she grows up: What Katy Did at School and What Katy Did Next. While the next two books after this trilogy, Clover and In the High Valley, narrate the story of Clover, Katy's younger sister. Susan Coolidge, pen

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name of Sarah Chauncey Woolsey (1835–1905), was an American children's author who is best known for her Katy Carr Series. The fictional Carr family of this series was modeled after Woolsey's own family and the protagonist Katy Carr was inspired by Woolsey herself; while the brothers and sisters "Little Carrs" were modeled on her four younger siblings.

The Invention of Nature

The Complete Illustrated

*Encyclopedia of Magical Plants,
Revised*

Alexander McQueen

Toddlers to Preteens Decoded

A You're Adorable

The Ethics of Aristotle Illustrated

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*with Essays and Notes. By Sir
Alexander Grant ... Second Edition,
Revised and Completed*

*OH GROW UP is about “parenting
with spirit” – strength, guts, soul –
whatever “spirit” means to you. The
result is a truly remarkable eclectic
fusion of ordinary old-school middle-
of-the-road methodologies,
combined with extraordinary old-
age-new-age philosophies ...
including Parenting’s 21 Golden
Insights, 21 Magical Secrets, and 21
Universal Principles.*

*The Alexander Technique for
Musicians is a unique guide for all
musicians, providing a practical,
informative approach to being a
successful and comfortable*

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performer. Perfect as an introduction to the Alexander Technique, or to supplement the reader's lessons, the book looks at daily and last-minute practice, breathing, performance and performance anxiety, teacher–pupil relationships, ensemble skills, and the application of the Alexander Technique to instrumental and vocal work. Complete with diagrams and photographs to aid the learning process, as well as step-by-step procedures and diary entries written by participating students, The Alexander Technique for Musicians gives tried-and-tested advice, drawn from the authors' twenty-plus years of experience working with

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musicians, providing an essential handbook for musicians seeking the most from themselves and their art. 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

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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

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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

What Katy Did is a children's book which follows the adventures of a twelve-year-old American girl, Katy Carr, and her family who live in the fictional lakeside Ohio town of

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Burnet in the 1860s. Katy is a tall untidy tomboy, forever getting into scrapes but wishing to be beautiful and beloved. When a terrible accident makes her an invalid, her illness and four-year recovery gradually teach her to be as good and kind as she has always wanted. Two sequels follow Katy as she grows up: What Katy Did at School and What Katy Did Next. Two further sequels relating the adventures of Katy's younger siblings were also published—Clover and In the High Valley. Also their father, Dr. Carr, a hard working doctor feature in a short story titled "Curly Locks" thus completing the entire Carr Family Chronicle. Susan

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Coolidge, pen name of Sarah Chauncey Woolsey (1835–1905), was an American children's author who is best known for her Katy Carr Series. The fictional Carr family of this series was modeled after Woolsey's own family and the protagonist Katy Carr was inspired by Woolsey herself; while the brothers and sisters "Little Carrs" were modeled on her four younger siblings.

The Works of Francis Bacon, Baron of Verulam, Viscount St. Alban, and Lord High Chancellor of England: Literary and professional works, v. 1-2. 1890-1892

KATY CARR - Complete Illustrated Series: What Katy Did, What Katy

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*Did at School, What Katy Did Next,
Clover, In the High Valley & Curly
Locks*

Oh Grow Up

*Life of Sir William Wilson Hunter,
K.C.S.I., M.A., LL.D., a Vice-
president of the Royal Asiatic
Society, Etc*

Annual Register

*After being rescued by a flying cat,
Alexander the cat decides to make good on a
promise to do wonderful things.*

*Published in conjunction with the exhibition
of the same name on view at The
Metropolitan Museum of Art, New York,
Ma6 4-July 31, 2011.*

*Famed for his Alice in Wonderland and
Through the Looking Glass, Lewis Carroll
produced comic verse, puzzles and much*

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more, all of which are included in this complete illustrated collection.

"A recounting of Alexander Von Humboldt's five year expedition in South America.

Alexander von Humboldt (1769-1859) was an intrepid explorer and the most famous scientist of his age. His theories and ideas were profoundly influenced by a five-year exploration of South America. Complete with excerpts from Humboldt's own diaries, atlases, and publications, Wulf gives us an intimate portrait of the man who predicted human-induced climate change, fashioned poetic narrative out of scientific observation, and influenced iconic figures such as Simón Bolívar, Thomas Jefferson, Charles Darwin, and John Muir. This gorgeous account of the expedition not only shows how Humboldt honed his groundbreaking understanding of the natural world but also illuminates the man and his passions"--

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Children's Classics Collection

Savage Beauty

Shame and Appearance

Wreck of the Whale Ship Essex: The

Complete Illustrated Edition

The Humorous Adventures of a Spirited

Young Girl and Her Four Siblings

(Children's Classics Series)

WHAT KATY DID - Complete Illustrated

Trilogy: What Katy Did, What Katy Did at

School & What Katy Did Next

Learn how to improve your life using the spiritual properties all around you in nature. This revised and expanded guide includes the magical properties and uses for nearly 300 plants. Entries describe how to use spells or rituals and potions that solve ev

This handbook in practical spirituality proposes that the level of stress, violence, fear and disconnect from Nature in the global society has risen in direct

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proportion to a fall in the collective level of conscious awareness. In order to reverse this trend a conscious impulse is required. Human beings need to rediscover the mystical underpinning of all religions and the engine of spiritual transformation: the art of presence. Only by learning to be present and stay present is it possible to dissolve harmful energy - in the form of false opinions and negative feelings - and create positive energy that imbues actions with intelligence, compassion and respect for the sacredness of all life. To this end, a practice in sensory awareness is offered. It is called 'the Pause'. Pausing affirms the body-mind continuum by empowering the senses as conduits of conscious awareness. When pausing is then applied to ordinary activities such as speaking, working, thinking and relating to others, spiritual evolution accelerates. The fruit of a re-awakened life is healing — for ourselves,

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for society, and for the entire Earth community.

The latest edition of *The Illustrated Book of Development Definitions* breaks new ground. It addresses traditional and new planning problems: natural and industrial disasters such as hurricanes and oil spills; new housing types and living accommodations; changes in urban design and practice like new urbanism; sustainability; pedestrian and bicycle friendly environments; and more. Joining Harvey S. Moskowitz and Carl G. Lindbloom, authors of the first three editions, are two prominent, nationally known planners: David Listokin and Richard Preiss. Attorney Dwight H. Merriam adds legal annotations to almost all 2,276 definitions. These citations from court decisions bridge the gap between land use theory and real world application, bringing a new dimension to this edition.

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More than 20,000 copies of previous editions were sold over four decades to professionals and government representatives, such as members of planning and zoning boards and municipal governing bodies. This first revision in ten years updates what is widely acknowledged as an essential, standard reference for planners.

"Originally published in hardcover in the United States by Pantheon Books, New York, in 1969."

Non-Representational Theory

Disappearing Persons

How to Manage Stress

The Campaigns of Alexander

Space, Politics, Affect

The Publishers' Trade List Annual

*Teach yourself the lost
arts of blacksmithing,
tool design, and tool*

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*repair. Design, forge,
and fix your own tools,
hardware, and household
accessories with master
craftsman and teacher
Alexander G. Weygers.
The Complete Modern
Blacksmith contains
clear, step-by-step
instructions and
hundreds of the author's
own detailed drawings,
bringing scores of time-
honored techniques to
modern artisans -
experienced craftsmen
and beginners alike.
This unique resource
brings together three*

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popular but long-out-of-print classics:

- *The Modern Blacksmith*, which covers everything from developing the correct hammer and body motions for forging and creating tools such as pliers, shovels, and hinges.
- *The Recycling, Use, and Repair of Tools*, which stresses the reuse of old materials, featuring easy-to-follow processes.
- *The Making of Tools*, which explores how to design, sharpen, and temper whichever tool you need, using

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*only basic shop
equipment and scrap
steel. A truly
invaluable resource, The
Complete Modern
Blacksmith is an
essential volume in any
craftman's library.
Brilliant Stress
Management helps you work
out what it is that
makes you stressed and
shows you how you can
tackle it. Whether you
crumble under pressure,
get angry, or simply
bury your head in the
sand, this book provides
effective techniques to*

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help you take the edge off and even channel your stress in a positive way.

A portrait of the German naturalist reveals his ongoing influence on humanity's relationship with the natural world today, discussing such topics as his views on climate change, conservation, and nature as a resource for all life.

*The Complete Illustrated
Lewis Carroll
Samuel Taylor Coleridge:
The Man Behind The*

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*Lyrics (Complete
Illustrated Edition)
The Extraordinary and
Distressing Memoir That
Inspired Herman
Melville's Moby-Dick
Brilliant Stress
Management
The Complete Illustrated
Guide to Alexander
Technique
Pause Now*