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My first book, Indirect Procedures: A Musician's Guide to the Alexander Technique, with a foreword by Sir Colin Davis, was published by Oxford University Press (OUP) in 1997. In the summer of 2013, OUP published a new edition, completely rewritten and redesigned.

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Indirect Procedures: A Musician's Guide to the Alexander Technique (The Integrated Musician) [Pedro de Alcantara] on Amazon.com. *FREE* shipping on qualifying offers. A musician's life is filled with many stressful situations: passing auditions, rehearsing and performing with difficult partners

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Indirect Procedures will guide you around these obstacles and along that path to becoming a balanced and successful musician. Based on the work of Frederick Matthias Alexander, this book is a thorough and practical approach to the issues of musicians' health and wellbeing.

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Indirect Procedures is a how-to about the Alexander Technique that is accessible to those studying the technique yet are not professional musicians. You can read the book metaphorically and glean quite a bit of wisdom about the technique and not be a master cellist.

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