

This ebook looks at the Alexander Technique principles of good postural use and great technique in conjunction with psychological, spiritual, and emotional considerations to help you play with total freedom. The sections of this ebook are: Physically, Technique, Accuracy: Hitting the Mark, Inner Critic, Emotionally, Expressively, Spiritually, and Conclusion: Cause and Effect. This ebook is filled with concepts that will help you the performing musician find a way to perform, so that playing or singing is easier and kinder to your mind, body, and soul. Ethan Kind is a former concert guitarist who used the Alexander Technique to heal carpal tunnel pain in his left wrist and never had physical problems on the guitar again. He has also been an athlete all of his life. Please contact Mr. Kind if you have any questions about this ebook, suggestions that would make this ebook clearer and more expansive, or suggestions for other ebooks that you would like to see him write about. Mr. Kind can be reached at [www.ethankind.com](http://www.ethankind.com) and [ethan@ethankind.com](mailto:ethan@ethankind.com). DON'T HAVE A KINDLE? You can download a FREE Kindle application and read this ebook on your computer.

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