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# The Art of Running: Raising Your Performance with the Alexander Technique

*Malcolm Balk, Andrew Shields*

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# The Art of Running: Raising Your Performance with the Alexander Technique

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**The Art of Running: Raising Your Performance with the Alexander Technique** Malcolm Balk, Andrew Shields
***Run better and smarter—and lower your risk of injury—with the Alexander Technique!***

Whether you run a few miles a week or are training for a marathon, running properly takes time and energy. Using the Alexander Technique, runners can improve their competitive performance while multiplying the health benefits of the sport and virtually eliminating its hazards. This proven method encourages a greater awareness of the way the body functions and moves, and helps runners release tension and jog without risk of injury. With special exercises for the head, eyes, torso, and legs, this unique guide will transform your training program and show you how to radically improve results.

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