



# Expressive Movement: Posture And Action In Daily Life, Sports, And The Performing Arts

*Alexandra Pierce, Roger Pierce*

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**Expressive Movement: Posture And Action In Daily Life, Sports, And The Performing Arts** Alexandra Pierce, Roger Pierce

An instructive work that shows how posture has a great effect on our psychological and physical well-being, with a complete program on how to put the body back in natural alignment, increase energy, reduce muscle strain, and prevent repetitive strain injuries.

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