



## From Ancient Persia to Contemporary Iran: Selected Historical Milestones

By -

Mage Publishers. Paperback. Book Condition: new. BRAND NEW, From Ancient Persia to Contemporary Iran: Selected Historical Milestones, If what follows can smooth the path of any pupil or teacher in the difficult and arduous task of clambering out of the pit that we have dug for ourselves and which has been, and is being dug for us, I shall be well satisfied. As, however, the ideas contained in the pages that follow arise from the truth of experience in learning and teaching this most important of techniques, they can have universal application. It is open to any one to find the meanings contained therein. I would also like to say that I speak for myself. Different people interpret Alexander differently and I lay no claim to speak the only truth. From the Preface. Patrick Macdonald's book comprises his Notebook Jottings (teaching notes and aphorisms); five chapters on learning and teaching the Technique; and an index, which enables easy access to subjects such as direction and movement, inhibition and tension.



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