



The Elements of Skill: A Conscious Approach to Learning

Theodore Dimon Jr.

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Why do so many beginners, both children and adults, fail to master chosen skills? *The Elements of Skill* was inspired by—and addresses—that question with a program based on proven techniques. The book, written by a renowned practitioner of the Alexander Technique, outlines an educational system that makes the process of learning a performance or athletic skill more conscious, and therefore more successful. Its principles include breaking down a skill into manageable parts, setting realistic goals, observing mind/body processes, overcoming blocks, controlling habits, and achieving heightened awareness and self-mastery. Included are inspiring examples of people who have benefited from the method.

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