



Muscles and Meridians: The Manipulation of Shape

Phillip Beach

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Muscles and Meridians is a unique book that breaks new conceptual ground in the realm of human movement. Exploring the connection between evolutionary biology and Chinese meridians, the volume offers a novel and effective system of diagnosis and treatment of common musculoskeletal disorders.

- Describes a new model of human movement - the Contractile Field model
- Offers a rare and serious attempt to look at whole person movement patterns - akin to 'Anatomy Trains' but with a stronger link to vertebrate evolution and development
- Suggests that much of our endemic back and leg pain is due to a loss of ease in postures that are 'archetypal' to mankind
- Offers a profound new understanding of the world's oldest medical map, the Chinese meridian map

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Elizabeth Wiggins:

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In this era which is the greater person or who has ability to do something more are more special than other. Do you want to become one of it? It is just simple approach to have that. What you should do is just spending your time almost no but quite enough to have a look at some books. On the list of books in the top collection in your reading list will be Muscles and Meridians: The Manipulation of Shape. This book which is qualified as The Hungry Mountains can get you closer in becoming precious person. By looking way up and review this guide you can get many advantages.

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