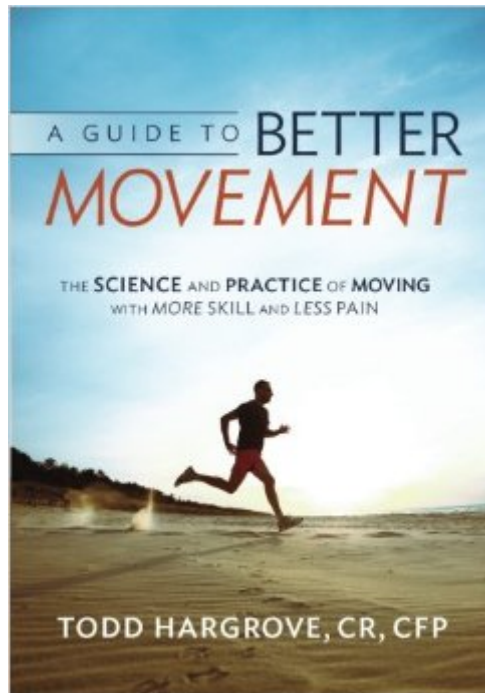


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A Guide To Better Movement: The Science And Practice Of Moving With More Skill And Less Pain



Synopsis

A Guide to Better Movement is a resource for movement professionals, athletes, chronic pain sufferers, and anyone else who wants to move better and feel better. The book offers a clear and practical look at emerging science related to the brain's role in movement and pain. It will forever change the way you look at movement. In it, you will learn: the essential qualities of movements that are healthy and efficient; why good movement requires healthy "maps" in the brain; why pain is sometimes more about self-perception than tissue damage or injury; the science behind mind-body practices; general principles that can be used to improve any movement practice; and 25 illustrated and simple movement lessons to help you move better and feel better.

Book Information

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Customer Reviews

This book without a doubt is destined to become a great classic on human movement! I literally could not put this book down! From the beginning to the end you can't help but wonder what am I going to learn on the very next page. Yes! it's that GOOD! Not only does Todd understand human movement but being able to move freely without pain is something he's passionate about. My first encounter with Todd's knowledge came from visiting his blog which lead to me being a faithful follower and supporter of his work and research. When he announced he was writing a book I highly anticipated its release! It's as if he couldn't get it completed fast enough! I say this because much of what's in the book Todd has discussed in his writings from his blog but the book goes much farther than just a compilation of his blog writings. The book is put together in a very logical and orderly

format. There's 9 chapters chocked full of easy to follow and understand information not based on just his opinion but based on some very solid and current research and data currently available today. Whether you buy the e-book or the paperback the results are the same. Easy to follow format either way with concise explanations with superb analogies often given. I own both the paperback and the kindle edition. The paperback stays at home while I read the kindle edition on my lunch break at work and elsewhere when I am not at home. I would easily say that this is the most important book on human movement in print today! With refreshing insights not offered in any other book I know of currently.

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