



# 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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With this era which is the greater person or who has ability to do something more are more important than other. Do you want to become one among it? It is just simple method to have that. What you need to do is just spending your time almost no but quite enough to possess a look at some books. On the list of books in the top record in your reading list is usually Muscles and Meridians: The Manipulation of Shape. This book which can be qualified as The Hungry Hillsides can get you closer in becoming precious person. By looking right up and review this publication you can get many advantages.

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