



Trail Guide to the Body: How to Locate Muscles, Bones, and More (3rd Edition)

By Andrew R. Biel



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NEW Third Edition!

This acclaimed book teaches readers to palpate the body's structures with ease and precision. The beautifully illustrated, user-friendly guide to the muscular and skeletal systems makes learning the necessary bodywork skills interesting, memorable and easy. With 420 pages and 1,100 illustrations, this 3rd edition covers more than 125 muscles, 206 bones, 30 ligaments and 110 bony landmarks. It provides an invaluable map of the body.

New to this edition:

Synergists: Muscles Working Together - 75 new illustrations showing the muscles that perform a movement "in action".

40 new illustrations showing ligaments and deeper structures of the joints. Palpation information for **10 muscles new to *Trail Guide***.

Basic information for 25 additional muscles, most of which are unpalpable but fill out a reader's knowledge and understanding.

200 revised 2nd Edition illustrations

Palpatory Journal Page - encouraging readers to create their own "palpation diary" based on their hands-on experiences.

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Editorial Review

Review

Trail Guide is an essential reference for any hands-on healer. --Thomas Myers, Rolfer, trainer of Structural Integration, author of **Anatomy Trains-Myofascial Meridians**

Nice integration of multiple anatomical components, such as anatomical terms, surface anatomy, palpations and information on muscles and anatomical structures. --James E. Leone, M.S., LAT, ATC, CSCS, Clinical Assistant Professor, Clinical Education Coordinator

To use it is to love it! I will recommend the text and adopt it into my course material. --Dr. James Kellogg, Florida A&M University

About the Author

Author: Andrew Biel is a licensed massage therapist. He has served on the faculties of Boulder College of Massage Therapy and Ashmead College, and taught Cadaver Studies for Bodyworkers at Bastyr Naturopathic University.

Illustrator: Robin Dorn is an artist, illustrator and licensed massage practitioner. She specializes in bodywork illustration and exhibits her work on the West Coast and in France.

Users Review

From reader reviews:

Alonzo Stark:

What do you concerning book? It is not important together with you? Or just adding material when you need something to explain what yours problem? How about your extra time? Or are you busy man or woman? If you don't have spare time to accomplish others business, it is make you feel bored faster. And you have free time? What did you do? Everyone has many questions above. They should answer that question because just their can do that will. It said that about book. Book is familiar on every person. Yes, it is suitable. Because start from on jardín de infancia until university need this specific Trail Guide to the Body: How to Locate Muscles, Bones, and More (3rd Edition) to read.

Donald Bonilla:

Trail Guide to the Body: How to Locate Muscles, Bones, and More (3rd Edition) can be one of your basic books that are good idea. All of us recommend that straight away because this guide has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort that will put every word into delight arrangement in writing Trail Guide to the Body: How to Locate Muscles, Bones, and More (3rd Edition) yet doesn't forget the main point, giving the reader the hottest and based confirm resource details that maybe you can be among it. This great information can drawn you into fresh stage of crucial thinking.

Sara Jones:

The book untitled Trail Guide to the Body: How to Locate Muscles, Bones, and More (3rd Edition) contain a lot of information on that. The writer explains your ex idea with easy method. The language is very clear and understandable all the people, so do certainly not worry, you can easy to read this. The book was published by famous author. The author provides you in the new time of literary works. You can actually read this book because you can read more your smart phone, or gadget, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can open up their official web-site as well as order it. Have a nice study.

Dorothy Alvarez:

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