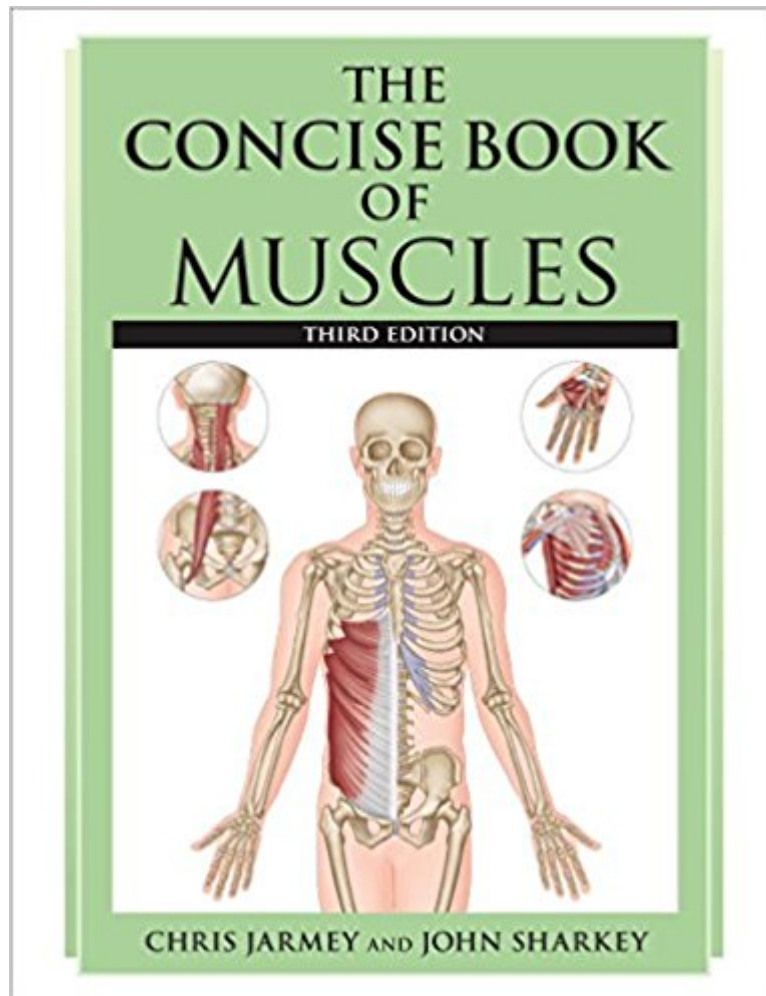


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The Concise Book Of Muscles, Third Edition



Synopsis

Updated with the latest human anatomy and biomechanics research, the third edition of this authoritative, best-selling book offers a comprehensive introduction to emerging explanations of new models of living motion and human architecture. Detailed, full-color anatomical drawings and clear, succinct text identify all the major muscles, showing the origin, insertion, action, and innervation of each muscle. Designed to make complex topics easily accessible to medical students and anyone interested in anatomy and movement, The Concise Book of Muscles is a quick, information-packed, and user-friendly guide to this rapidly-growing and important field.

Book Information

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"The Concise Book of Muscles is the best anatomy book for nonmedical students that I've ever seen, and I've looked at them all. Get it." • Timothy Ferriss, author of *The 4-Hour Body* and *The 4-Hour Workweek* "An easy-to-use reference book...it will help the student and practitioner to not only learn the anatomy, but to understand and apply the information. An excellent addition to the library of anyone studying the human body." • James Earls, B.A. (Hons.), Structural Integration and Massage Practitioner, *Ultimate Massage Solutions* "One of the best anatomy textbooks ever published in its clarity and ease-of-use." • *Connections*, magazine for bodyworkers and therapists "The information and method of presentation in this book for the therapist is unrivalled in its usefulness as a learning tool." • Russell Humpage, Master Medica, *Physical Therapy Book Specialists*

John Sharkey is a clinical anatomist and exercise physiologist of more than thirty years. He is director of Ireland's National Training Center, and the Irish College of Osteopathic Medicine. John is a member of the editorial team for the Journal of Bodywork and Movement Therapies, a reviewer for the International Journal of Osteopathic Medicine and the International Journal of Therapeutic Massage and Bodywork. An accepted and recognized authority and researcher in clinical anatomy, human movement and manual medicine, Sharkey is a popular international presenter and keynote speaker.

I'm a personal trainer but didn't major in exercise science. This book has helped me tremendously. I knew only about the major muscle groups but didn't understand the purpose of their origins and insertions. Now when I train clients I teach them how to concentrate on which bones they need to move in order to flex the desired muscle.

Second edition is much better!

This is a great book. Not heavy at all to carry around, but has a lot of detail. Very well organized and the illustrations are easy to understand. Broken down muscle by muscle with a lot of detail. Helpful for anyone interested in learning about muscles.

Clear, easy, concise info. Wish I had found out about it sooner!

One of the best study guides I have found!

great

Great anatomy book for the serious student.

Exactly as stated it was

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