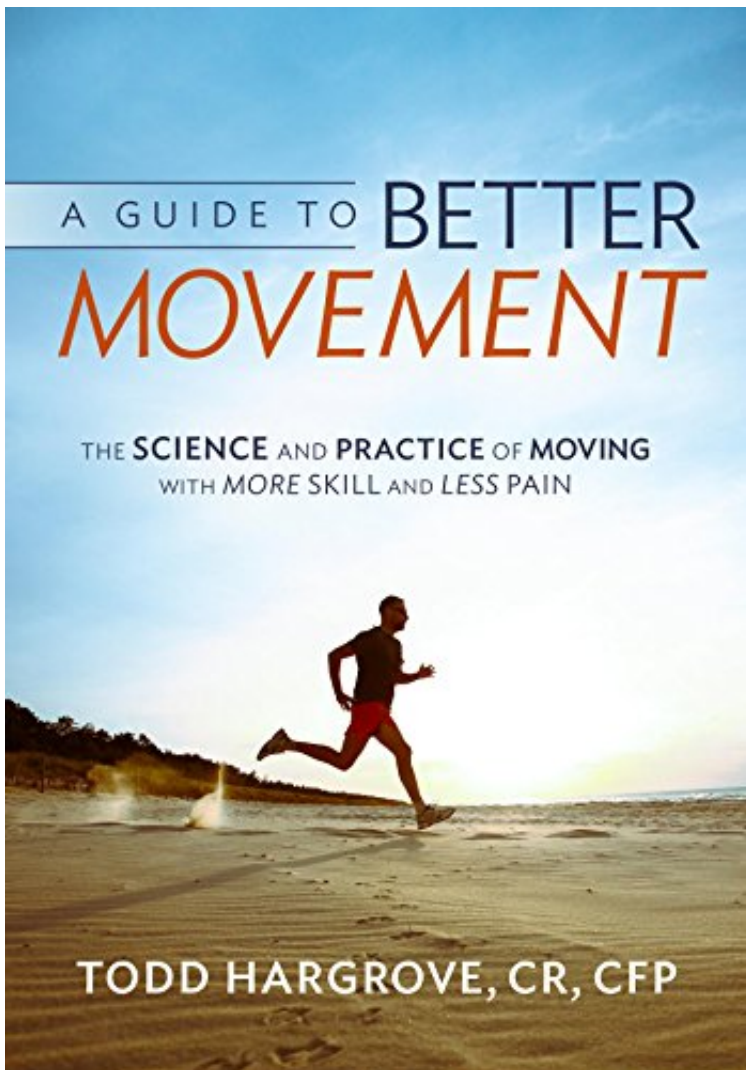


[Read ebook] File size: 16.Mb

A Guide to Better Movement: The Science and Practice of Moving with More Skill and Less Pain



Par Todd Hargrove
audiobook / *ebooks / Download PDF /
ePub / DOC

Dtails sur le produit Rang parmi les ventes : #175414 dans eBooksPubli le: 2014-05-28Sorti le: 2014-05-28Format: Ebook Kindle

[Read ebook] A Guide to Better Movement: The Science and Practice of Moving with More Skill and Less Pain

Par Todd Hargrove : A Guide to Better Movement: The Science and Practice of Moving with More Skill and Less Pain before purchasing it in order to gage whether or not it would be worth my time, and all praised A Guide to Better Movement: The Science and Practice of Moving with More Skill and Less Pain:

 Download

 Read Online

Description :

Prsentation de l'diteurA Guide to Better Movement offers a clear and practical look at emerging science related to the brain's role in movement and pain. It is written for movement professionals, athletes, chronic pain sufferers, and anyone else interested in moving better and feeling better. 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. Presentation de l'auteur
A Guide to Better Movement offers a clear and practical look at emerging science related to the brain's role in movement and pain. It is written for movement professionals, athletes, chronic pain sufferers, and anyone else interested in moving better and feeling better. 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. Biographie de l'auteur
Todd Hargrove is a bodyworker, movement teacher and writer living in Seattle, Washington. An athlete all his life, Todd has been a competitive tennis player and squash player, and not so competitive soccer player. In his former career as an attorney, he suffered from chronic pain that he cured through bodywork and movement exercises. Inspired by his own success and interest in chronic pain and movement, he quit the law to become a Rolfing and Feldenkrais Practitioner. In 2008, Todd started a popular blog to correct common misconceptions regarding pain, and promote greater awareness of recent developments in science emphasizing the role of the brain in pain.