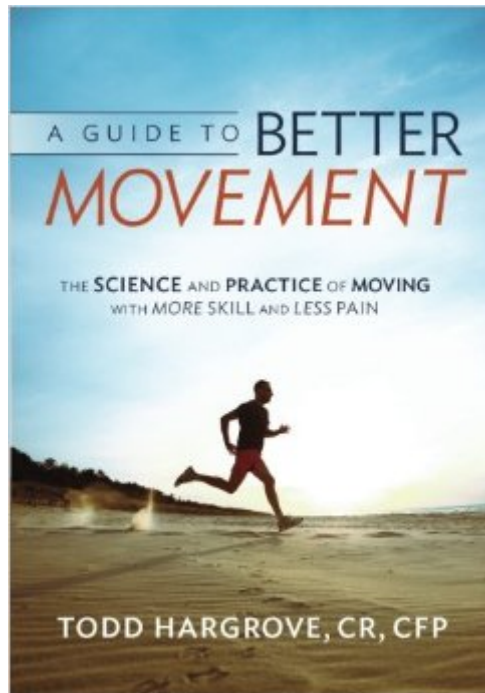


The book was found

# 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

Paperback: 306 pages

Publisher: Better Movement; 1 edition (May 21, 2014)

Language: English

ISBN-10: 0991542304

ISBN-13: 978-0991542307

Product Dimensions: 7 x 0.7 x 10 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (63 customer reviews)

Best Sellers Rank: #86,787 in Books (See Top 100 in Books) #125 in Books > Medical Books > Allied Health Professions > Physical Therapy #138 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #196 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

## 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.

[Download to continue reading...](#)

A Guide to Better Movement: The Science and Practice of Moving With More Skill And Less Pain  
Movement Matters: Essays on Movement Science, Movement Ecology, and the Nature of  
Movement Argue Less Love More: 5 Communication Secrets For Couples Who Want Less Pain  
And More Passion Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches!  
(Pain Management, Muscle Pain, sports injury) Sleep Smarter: The Ultimate Guide To Sleep Better,  
Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits,  
sleep ... healthy sleep, sleep apnea, feel better) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip  
Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief,  
hip joint pain, hips) The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis &  
Chronic Pelvic Pain [ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING  
INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010  
Paperback Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The  
Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children  
health care Book 1) Intarsia Woodworking for Beginners: Skill-Building Lessons for Creating  
Beautiful Wood Mosaics: 25 Skill-Building Projects Professional Skillbuilding Wizard (Skill  
Assessment For Medical Transcription & Skill Assessment Answer Keys) Life Without Pain: Free  
Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic  
Drugs Children's Book About Moving: A Kids Picture Book About Moving with Photos and Fun Facts  
Moving In (Moving In Series Book 1) End Everyday Pain for 50+: A 10-Minute-a-Day Program of  
Stretching, Strengthening and Movement to Break the Grip of Pain Somatics: Somatics 101:  
Somatics - For: Flexibility, Posture, Pain Management & Movement (Posterior Chain, Hips, Chi  
Kung, Craniosacral, Neurosculpting, Self Adjusting, Chronic Pain) Anti Inflammatory Diet: The  
Ultimate Guide to Looking 10 Years Younger, Having More Energy and Less Pain (Diet Therapy  
Diet Therapy Guide, Diabetes 101, Diabetes Guide,) BOWLING BETTER: LESS PAIN ON THE

LANES Less Pain, Fewer Pills: Avoid the Dangers of Prescription Opioids and Gain Control over Chronic Pain Local Anaesthesia and Pain Control in Dental Practice: Anaesthesia, Local, and Pain Control in Dental Practice MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain)

[Dmca](#)