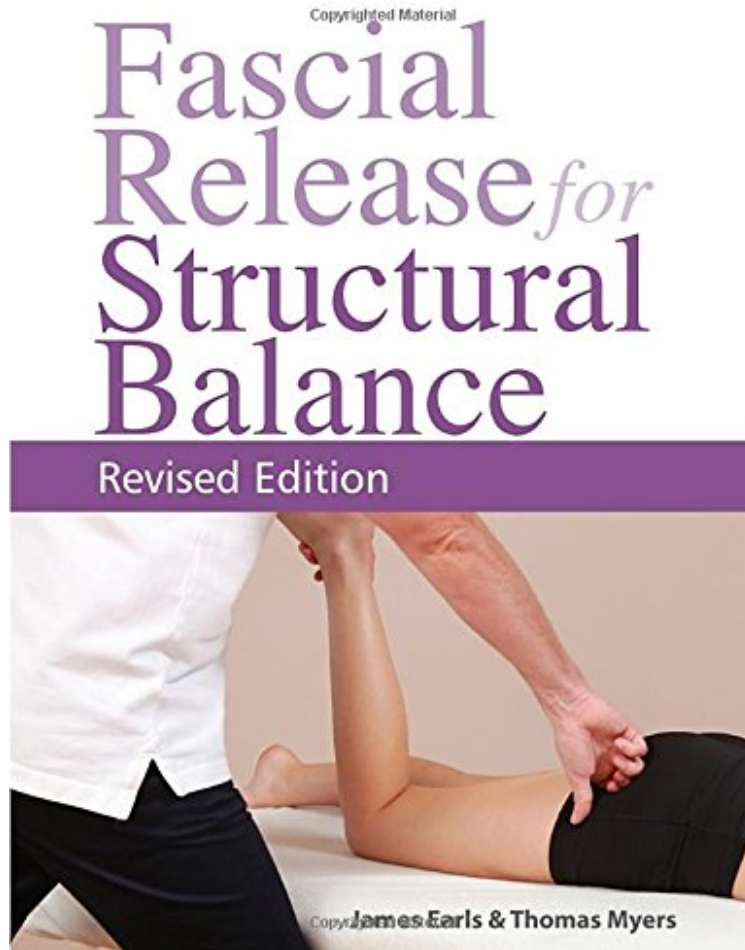


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Fascial Release for Structural Balance, Revised Edition

Thomas Myers, James Earls

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Thomas Myers, James Earls : Fascial Release for Structural Balance, Revised Edition before purchasing it in order to gage whether or not it would be worth my time, and all praised Fascial Release for Structural Balance, Revised Edition:

0 of 0 people found the following review helpful. Fantastic introduction to Body ReadingBy C. CurtisThis book has an amazing amount of information in it - it is not light reading! It is a reference you will return to again and again. Other books explain anatomy, and some books do a good job of explaining facial release, but this is the first book I've seen that really explains the process of "BodyReading" -- using postural assessment as an important tool in the evaluation of bodywork clients. BodyReading does not itself provide a diagnosis; rather, as the book says, "it is a source of questions (and sometimes answers!) that need to be followed through by touch and/or movement". It will change the way you look at the human body.0 of 0 people found the following review helpful. Good information about fasciaBy Julie Donnelly - AuthorGood information about fascia, although difficult reading if this isn't something you're already

familiar with, or have some education to help you understand the science behind all of it. Well worth it if you are in the therapeutic field. 0 of 0 people found the following review helpful. Five Stars
By Roberta L. Wolff
Excellent book with superior illustrations and explanations.

This thoroughly revised edition of the authoritative reference *Fascial Release for Structural Balance* brings the book up to date with all of the most current research on the role of fascia and myofascia in the body, and how treatment affects it. This edition takes advantage of more sophisticated testing to explore in greater detail the relationship between anatomical structure and function, making it an even more essential guide. Offering a detailed introduction to structural anatomy and fascial release therapy, including postural analysis, complete technique descriptions, and the art of proper assessment of a patient through "bodyreading," the book features 150 color photographs that clearly demonstrate each technique. The authors, both respected bodywork professionals, give any bodywork practitioner using manual therapy—including physiotherapists, osteopaths, chiropractors, myofascial and trigger point therapists, and massage therapists—the information they need to deliver effective treatments and create long-lasting, systemic change in clients' shape and structure. Fascia, the soft tissue surrounding muscles, bones, and organs, plays a crucial role in supporting the body. By learning to intelligently manipulate it, a bodyworker or therapist can help with many chronic conditions that their clients suffer from, providing immediate pain relief as well as reducing the strains that may contribute to the patient's ongoing aches and pains, leading to rapid, effective, and lasting pain relief. James Earls and Thomas Meyers argue that approaching the fascia requires "a different eye, a different touch, and tissue-specific techniques."

About the Author James Earls is the director of Ultimate Massage and Kinesis UK. He practices Structural Integration and massage therapy in Belfast, Northern Ireland, where he lives. Thomas Myers has practiced integrative structural therapy for over 30 years in a variety of clinical and cultural settings. The author of the acclaimed bodywork guide *Anatomy Trains* and coauthor of *The Concise Book of the Moving Body*, he lives in Maine.