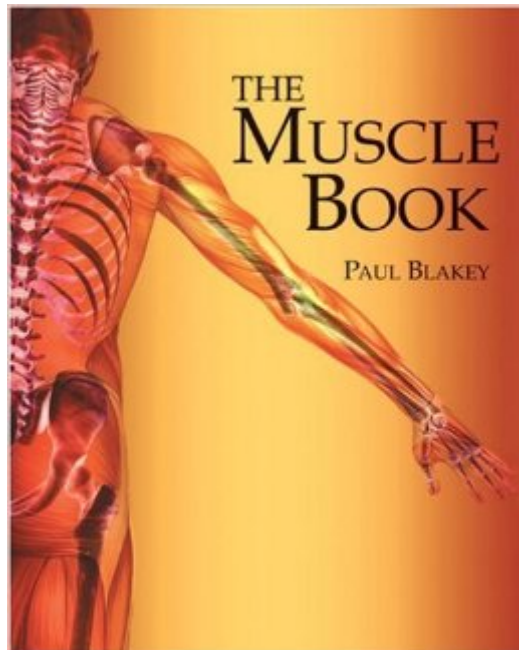


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# The Muscle Book



## Synopsis

The better you understand anatomy, the better you understand yourself. This book clearly identifies all the major muscles of the human body and shows how they work. For each muscle there is straightforward information, including common problems, signs of weakness, and self-massage for first aid. Provides anatomical terminology and clearly outlined reference pages.

## Book Information

Spiral-bound: 48 pages

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Product Dimensions: 7.9 x 0.4 x 9.8 inches

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Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (23 customer reviews)

Best Sellers Rank: #103,706 in Books (See Top 100 in Books) #141 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #360 inÂ Books > Science & Math > Biological Sciences > Anatomy #363 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## Customer Reviews

This is a great book for the novice to see the major muscles and how they work in the body or for the more advanced anatomist that would like a review/quick look at them. Information is not dumbed down though just gives you the basic facts and a little extra to help put things in perspective and give you a better big picture understanding. Like that the pictures are clear. I love that he has practical applications sections on each like "body language weakness" which explains how one would act or look if have a weakness in certain muscle and "watch out" which explains movements that can injure the muscle discussed. Plus the other interesting helpful blurs like he explains the origin of the name. Definitely recommend this book. Other good A&P books: Trail Guide to the Body, Anatomy of Movement, Guide to the Human Body (by Richard Walker - is a pocket sized book with a page or two page spread on each system), clinical anatomy made ridiculously simple (some of the info in this is distorted because dumbed down but gets the big pictures across)

Blakey was an international ballet dancer and now a practicing osteopath: The Muscle Book presents a basic primer on muscles and how they work, from signs of problems to effective use of

muscles. The book looks slim but the information packed herein is specific and easy to understand.

the most simplest book you can get that gives you most important part of anatomy the necessary muscles and bones. I love the cue of weakness in muscles and pressure points that you can help stimulate to strengthen the weakenss. I love this book. Carry it everywhere

Great reference to a brief synopsis of the muscular anatomy and the general weaknesses of each muscle. Wish it had a bit more detail on the tendons and smaller muscles, but otherwise this book is exactly what I was looking for. Provides a brief overview of the muscular system, how to be careful in using each muscle as to prevent damaging it. Perfect reference guide for the average gym rat wanting to get a better understanding of the muscles being used (personally, for powerlifting movements). Not sure how useful this text would be for anyone who delves deeper into the subject of anatomy, though.

I loved this book. It is well organized. Easy for people with less knowledge of anatomy to follow. A good companion for Anatomy and Movement students. I liked this better than the pocket anatomy book.

I have been a massage therapist for over 13 years. This is a great book to use as a visual aid when speaking to clients about what is going on in their bodies. It is simple, direct and useful. It does not get caught up in medical jargon but is right to the point!

I have bought several anatomy books for my vinyasa yoga teacher training, and this is the best one by far.

I bought this to help me brush up for my mblex exam for massage therapy, I pass and no dout this was one of the many books that helped me with the origin, and insertions of the muscles! Great Book!

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Muscle, Get Lean, and Stay Healthy Series Book 3) The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Second Edition)(The Build Healthy Muscle Series) Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness) Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination, 8e (Daniels & Worthington's Muscle Testing (Hislop)) Ultramodern Nutrition for Squash Teachers: Teaching Your Students Advanced RMR Techniques to Improve Hand Speed, Reduce Muscle Soreness, and Accelerate Muscle Recovery The Complete Book of Classic Dodge and Plymouth Muscle: Every Model from 1960 to 1974 (Complete Book Series) Intermittent Fasting and Feasting: Use Strategic Periods of Fasting and Feasting to Burn Fat Like a Beast, Build Muscle Like a Freak and Unleash Your Anabolic ... (Intermittent Fasting Bodybuilding Book 1) Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (Bodybuilding Books, Building Muscle, Weightlifting, Fitness Training, Weight Training, Lose Fat Book 1) SLOW MOTION WEIGHT TRAINING - FOR MUSCLED MEN & CURVIER WOMEN - FASTER MUSCLE GAIN AT HOME OR GYM - HOW TO VIDEO LINKS INSIDE (Weight Training, Bodybuilding) (HOW TO BOOK & GUIDE FOR SMART DUMMIES 2) Men's Health: The Book of Muscle : The World's Most Authoritative Guide to Building Your Body Ketogenic diet for dummies: Discover how lost 10 lbs & 5 inch of my belly and hips in just 45 minutes a week (My Fitness program weight loss and build muscle by Martin Jackson Book 2) The Muscle Book Bodybuilding: Gym Bible: 48 Best Exercises To Add Strength And Muscle (Bodybuilding For Beginners, Weight Training, Bodybuilding Workouts) (Bodybuilding Series Book 1) CROSS TRAINING: No BS Complete WOD Guide to: Lose Weight, Build Muscle, & Get Ripped (Strength Training, Exercise and Fitness, Bodyweight, Home Workout, Fat Loss Book 1) Intro to Paleo: Quick-Start Diet Guide to Burn Fat, Lose Weight, and Build Muscle Intermittent Fasting 101: A Simple Guide to Losing Fat, Building Muscle and Becoming an Alpha Male

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