



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

Todd R. Hargrove

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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.

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Helen Williams:

A Guide to Better Movement: The Science and Practice of Moving With More Skill And Less Pain can be one of your beginning books that are good idea. Most of us recommend that straight away because this guide has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to place every word into pleasure arrangement in writing A Guide to Better Movement: The Science and Practice of Moving With More Skill And Less Pain but doesn't forget the main place, giving the reader the hottest along with based confirm resource details that maybe you can be among it. This great information can certainly drawn you into new stage of crucial thinking.

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