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# Anatomy Trains Myofascial Meridians For And Movement Therapists 3e

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*Anatomy Trains Myofascial Meridians  
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**RILEY GRETCHEN**

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This website has been especially designed for readers of the third edition of Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists by Thomas Myers - the worldwide bestseller which helps readers expand their vision and practice to global myofascial patterns. Suitable for all professionals who have an interest in human movement, this website contains a wide selection of videos, podcasts, animations, and a downloadable image bank.

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In this view, much expanded in our other writings, the Anatomy Trains Myofascial Meridians map the global lines of tension that traverse the entire body's muscular surface, acting to keep the skeleton in shape, guide the available tracks for movement, and coordinate global postural patterns.

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Thomas Myers, author of Anatomy Trains, takes you on this journey with the help of master prosector Todd Garcia in his Laboratories of Anatomical Enlightenment. Together, they reveal



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