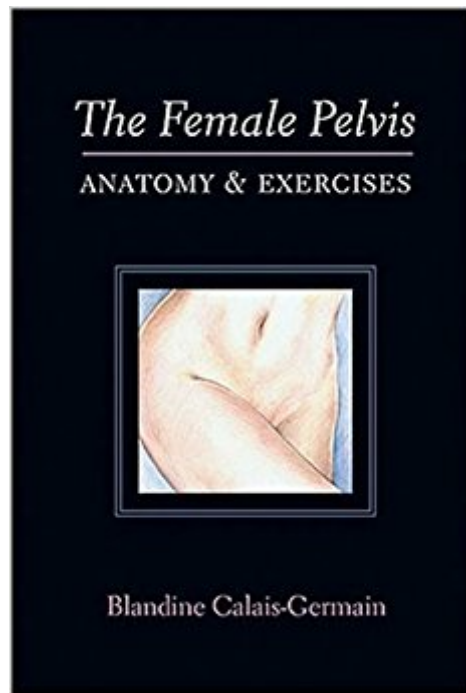




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The Female Pelvis Anatomy & Exercises



Synopsis

The book begins with a description of the functional anatomy of the pelvis, and how it responds to pregnancy and childbirth. This is followed by a series of specific exercises, initially for self-discovery, and then to increase the flexibility, strength, and coordination of the pelvic functions

Book Information

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Customer Reviews

When I was in graduate school, I was a Teaching Fellow in physiology and went on to further studies in biochemistry. I also attended medical school for a while, but ended up working as a research scientist. Now, I teach meditation and have a developed yoga practice in addition to being a personal coach with graduate education in psychology as well. In short, I think I am well-qualified to evaluate this book. In general, I love this author's work and particularly liked Anatomy of Movement. I didn't like the Female Pelvis quite as much, but I still think it is very good. If I was able to, I would rate it a 4.5. Like all of this writer's work, the material is thoughtfully developed and presented in an easy to understand manner. There are also lots of diagrams that are very clear and compliment the text. The difficulty with the pelvic region is that it is very hard to visualize it in three dimensions. This presents a challenge to the author and I think that he does a very good job of conveying three dimensions through all different kinds of diagrams. The book starts out with the basic skeletal structure and then adds more detail a little bit at a time. At the same time, corresponding functionality is discussed and this keeps the book interesting and helps with memory attention. The average person can certainly go through this book easily, which is a testimony to the

clarity and organization of the book.

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