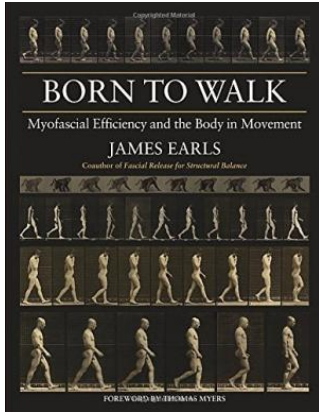


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## BORN TO WALK: MYOFASCIAL EFFICIENCY AND THE BODY IN MOVEMENT



North Atlantic Books. Paperback. Book Condition: New. Paperback. 264 pages. The ability to walk upright on two legs is one of the major traits that define us as humans; yet, scientists still aren't sure why we evolved to walk as we do. In *Born to Walk*, author James Earls explores the mystery of our evolution by describing in depth the mechanisms that allow us to be efficient in bipedal gait. Viewing the whole body as an interconnected unit, Earls explains...

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