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Join author Andrew Biel on a unique and fascinating journey as he helps you build -- step by step -- a human body in motion! Instead of dissecting the body into smaller, isolated pieces, Trail Guide to Movement takes a unique approach of building the body into larger, interconnected components. He asks the reader to join him as an active participant in building the body from scratch. The journey in this book begins by designing four key structures for movement: connective tissue, joints, muscles and nerves. Then, after applying some bio-mechanical principles, the reader puts the body to the test by exploring the concepts of posture and gait. Trail Guide to Movement is written with the same encouraging voice and subtle humor as the iconic Trail Guide to the Body, making the study of human movement easy to understand, captivating, and memorable.

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