



The Concise Book of Muscles, Third Edition

By Chris Jarmey, John Sharkey

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The Concise Book of Muscles, Third Edition By Chris Jarmey, John Sharkey

Updated with the latest human anatomy and biomechanics research, the third edition of this authoritative, best-selling book offers a comprehensive introduction to emerging explanations of new models of living motion and human architecture. Detailed, full-color anatomical drawings and clear, succinct text identify all the major muscles, showing the origin, insertion, action, and innervation of each muscle. Designed to make complex topics easily accessible to medical students and anyone interested in anatomy and movement, *The Concise Book of Muscles* is a quick, information-packed, and user-friendly guide to this rapidly-growing and important field.

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Editorial Review

Review

"*The Concise Book of Muscles* ... is the best anatomy book for nonmedical students that I've ever seen, and I've looked at them all. Get it."—Timothy Ferriss, author of *The 4-Hour Body* and *The 4-Hour Workweek*

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"One of the best anatomy textbooks ever published in its clarity and ease-of-use."—*Connections*, magazine for bodyworkers and therapists

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About the Author

John Sharkey is a clinical anatomist and exercise physiologist of more than thirty years. He is director of Ireland's National Training Center, and the Irish College of Osteopathic Medicine. John is a member of the editorial team for the Journal of Bodywork and Movement Therapies, a reviewer for the International Journal of Osteopathic Medicine and the International Journal of Therapeutic Massage and Bodywork. An accepted and recognized authority and researcher in clinical anatomy, human movement and manual medicine, Sharkey is a popular international presenter and keynote speaker.

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