



The Concise Book of Muscles, Third Edition

By Chris Jarmey, John Sharkey

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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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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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