



A Guide to Better Movement: The Science and Practice of Moving with More Skill and Less Pain

Todd Hargrove

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A Guide to Better Movement offers a clear and practical look at emerging science related to the brain's role in movement and pain. It is written for movement professionals, athletes, chronic pain sufferers, and anyone else interested in moving better and feeling better.

In it, you will learn: the essential qualities of movements that are healthy and efficient; why good movement requires healthy "maps" in the brain; why pain is sometimes more about self-perception than tissue damage or injury; the science behind mind-body practices; general principles that can be used to improve any movement practice; and 25 illustrated and simple movement lessons to help you move better and feel better.

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