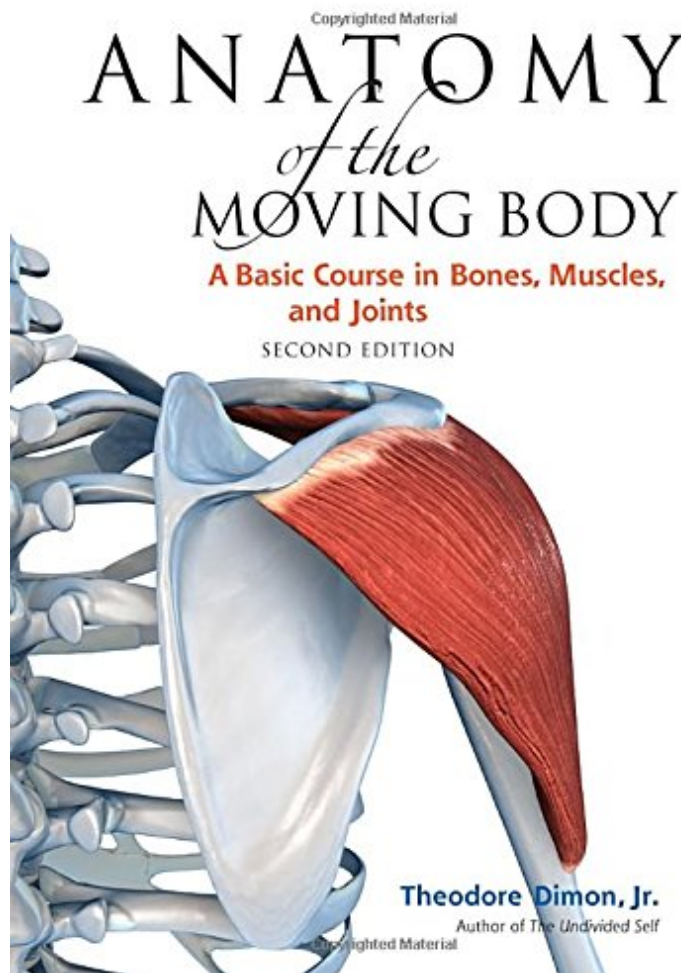


# Anatomy of the Moving Body, Second Edition: A Basic Course in Bones, Muscles, and Joints

*Jr. Theodore Dimon*

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**Jr. Theodore Dimon : Anatomy of the Moving Body, Second Edition: A Basic Course in Bones, Muscles, and Joints** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Anatomy of the Moving Body, Second Edition: A Basic Course in Bones, Muscles, and Joints:

13 of 14 people found the following review helpful. Written very clearly By TrendSome anatomy books seem as if they are written deliberately complicated. That's my take. Not this one. If you are just starting Massage Therapy classes. I highly recommend you get this book, in addition to your course required books. Read your required book chapters and then follow up with this one. He's not "trippin" on his "Dr" Dimon Jr. title. On the book cover he even leaves his "Dr" title out of his name, but he is a Dr. (a Harvard graduate). He presents the material in his book like a good instructor would in class....so you can understand. It's not written to show how smart he is. It is written so the

person without knowledge of the musculoskeletal system can gain some. Actually, I think the book is a compilation of lectures he has given at the Dimon Institute. Yes, the "Dimon" Institute for the Alexander Technique in Cambridge. Don't miss out on a very knowledgeable author that knows how to convey his knowledge to other. Anatomy is anatomy, that doesn't change, but it's his presentation that is so good. Look at the price, very inexpensive compared to the 100.+ books you may be required to purchase. He really should charge more for his book.

3 of 3 people found the following review helpful. wretched kindle version  
By Keryn  
If you have little understanding of anatomy I strongly suggest not buying the kindle version. First you need to read through the text then you scroll down to the pictures, good luck remembering what you just read as you try to connect it to the images. We're also missing bones in the cranial section of the book and why is there no color to clearly distinguish which muscles you're looking at? I hope the print version of this is better, based on this version I would never recommend it for students.

7 of 7 people found the following review helpful. Good 3D view but no colour  
By Leo  
This book is worth it, each muscle is shown in 3 D view, with bones. I just was disappointed that only the cover page is in colour. Compare to a classic anatomy book, the 3D view really helps to imagine the exact shape of each muscles. I would suggest that sometimes, it would have been good if some muscles are not shown only alone with the bone, but also with other muscles. For example, several extensors in the same view, not only each extensor with the bone. However, i recommend this book.

Learning anatomy requires more than pictures and labels; it requires a way "into" the subject, a means of making sense of what is being shown. *Anatomy of the Moving Body* addresses that need with a simple yet complete study of the body's complex system of bones, muscles, and joints and how they function. Beautifully illustrated with more than 100 3D images, the book contains 31 lectures that guide readers through this challenging interior landscape. Each part of the body is explained in brief, manageable sections, with components described singly or in small groups. The author doesn't just name the muscles and bones but explains the terminology in lay language. Topics include the etymology of anatomical terms; origins and attachments of muscles and their related actions; discussion of major functional systems such as the pelvis, ankle, shoulder girdle, and hand; major landmarks and human topography; and structures relating to breathing and vocalization. This second edition features all-new illustrations that use a 3D digital model of the human anatomical form. The book's thoroughness, visual interest, and clear style make it ideal for students and teachers of the Alexander and Feldenkrais techniques as well as for practitioners of yoga, Pilates, martial arts, and dance.

More than just clear, concise, and accurate, *Dimons Anatomy of the Moving Body* also wonderfully expresses the joy of musculoskeletal anatomic understanding its marvelous vocabulary and endlessly fascinating relations of structure and function.

John H. M. Austin, MD, Professor of Radiology, College of Physicians and Surgeons, Columbia University  
*Anatomy of the Moving Body* is a superb work for students and teachers. Ted Dimons work is straightforwardly written, beautifully illustrated, and put forth with a sensibility of one who understands not simply how we are organized, but how our structure is able to move with grace and beauty. The conversational tone makes the book accessible and the information is conveyed with a sense not only of where things lie, but how they can operate most harmoniously. This book is an important contribution to our understanding of anatomy and an essential part of the training of those of us who are interested in the human form in balance, health, and motion.

Anne Bluethenthal, Dancer, Teacher, Choreographer  
About the Author  
Ted Dimon is director of the Dimon Institute, a center for the study of movement and performance. He received his masters and doctorate degrees from Harvard University and has taught and trained teachers in the Alexander Technique for 25 years. He lives in New York City.