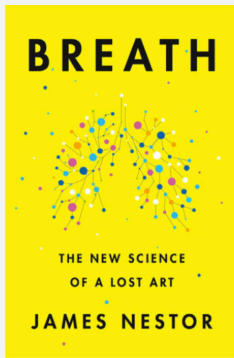


Madeline's Curated Reading List for Movement Teachers



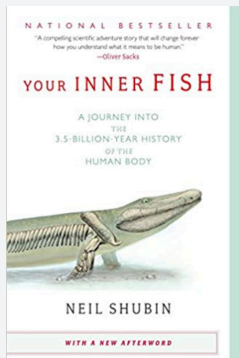
Breath: The New Science of a Lost Art

by James Nestor 2020 Riverhead Books USA

Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head.

Madeline's Take:

I loved the integration of anthropology, the author's personal quest and the history of the practitioners in the world working on solving the issue of poor breathing.



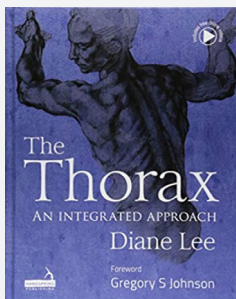
Your Inner Fish: A Journey into the 3.5-Billion-Year History of the Human Body

by Neil Shubin, Pantheon books, NY USA 2008

Neil Shubin, the paleontologist and professor of anatomy who co-discovered Tik-taalik, the "fish with hands," tells the story of our bodies as you've never heard it before. The basis for the PBS series.

Madeline's Take:

This is a must read for anatomy geeks. To read how evolution of fish relates to our human structure is truly mind blowing.



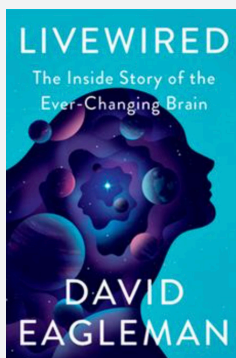
The Thorax: An Integrated Approach

by Diane Lee, Handspring Publishing, UK 2018

This clinical textbook will update the reader on the relevant anatomy, known bio-mechanics, clinical assessment, musculoskeletal conditions and treatment of the thorax and how these relate to the function of the whole body.

Madeline's Take:

This textbook covers all the detail, and analysis of the anatomy and kinematics of the thorax. The illustrations are clear and easily understandable. It is a book for your library to always reference.



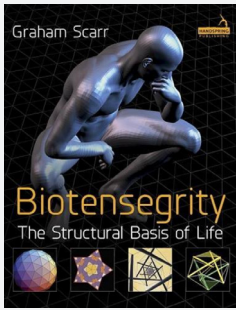
Liwired: The Inside Story of the Ever-Changing Brain

by David Eagleman, Pantheon Books, NY USA 2020

The greatest technology we have ever discovered on our planet is the three-pound organ carried in the vault of the skull. This book is not simply about what the brain is; it is about what it does.

Madeline's Take:

Dr. Eagleman writing is accessible especially with the topic as the complex brain. The book is excellent for beginning the journey of understanding the brain.



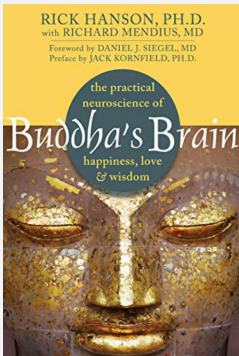
Biotensegrity: The Structural Basis of Life

by Graham Scarr, Handspring Publishing 2018

This book explores and explains the concept of biotensegrity and provides an understanding and appreciation of anatomy and physiology in the light of the latest research findings.

Madeline's Take:

Graham Scarr's book opens the door to understanding the principles of biotensegrity. If you are not a geometry wiz, it may take some time to read. He clearly describes the difference between the classic biomechanics model and biotensegrity.



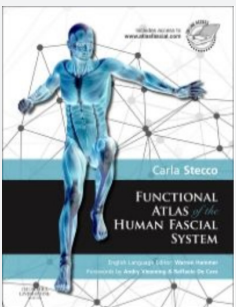
Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom

by Rick Hanson, New Harbinger Publications, Oakland CA USA 2009

If you change your brain, you can change your life. Great teachers like the Buddha, Jesus, Moses, Mohammed, and Gandhi were all born with brains built essentially like anyone else's and then they changed their brains in ways that changed the world.

Madeline's Take:

I loved this book giving me the understanding and sense of how our thoughts and practices are influenced by the brain. It is a mediation of neuroscience.



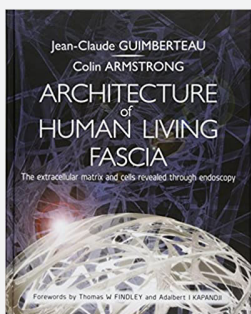
Functional Atlas of the Human Fascial System

by Carla Stecco, Churchill Livingstone/Elsevier, UK 2015

Principally based on dissections of hundreds of un-embalmed human cadavers over the past decade, Functional Atlas of the Human Fascial System presents a new vision of the human fascial system using anatomical and histological photographs along with microscopic analysis and biomechanical evaluation.

Madeline's Take:

Carla Stecco's ground breaking book is the only fascia anatomy book published. This book is one of those anatomy books for your library.



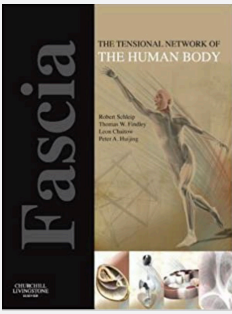
Architecture of Human Living Fascia

by Jean-Claude Guimberteau & Colin Armstrong, Handspring Publishing, UK 2015

This unique and richly illustrated book presents Dr Guimberteau's groundbreaking work in the structure of the fascia in the living human being and explains its significance for manual therapists and movement teachers, and its implications for what they do with patients and clients.

Madeline's Take:

Watching his video, "Strolling Under the Skin" many time, this book adds the written content to go along with the images. Colin Armstrong's contribution clarifies the details about the quality, and function of fascia.



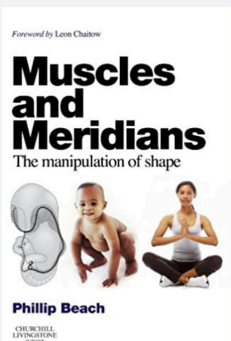
Fascia: The Tensional Network of the Human Body

by Robert Schleip PhD MA , Peter Huijing PhD, Thomas W. Findley MD PhD ,
Churchill Livingstone, Edinburgh 2012

Compiled by experts of international renown, *Fascia: The Tensional Network of the Human Body* brings together very different contributors who share the desire to bridge the gap between theory and practice as much as possible in our current knowledge of the human fascia.

Madeline's Take:

There are many contributing authors in this book so each chapter is rich with information all aspects of fascia, movement and bodywork.



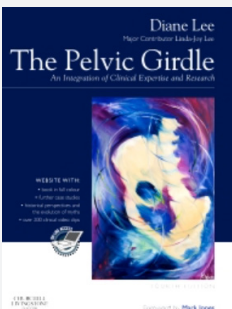
Muscles and Meridians: The Manipulation of Shape

by Phillip Beach, , Elsevier, Edinburgh, 2010

Muscles and Meridians is a unique book that breaks new conceptual ground in the realm of human movement. Exploring the connection between evolutionary biology and Chinese meridians, the volume offers a novel and effective system of diagnosis and treatment of common musculoskeletal disorders.

Madeline's Take:

Phillip Beach is a D.O. with a unique perspective of the different models of movement and anatomy that we study. He presents his own model to include the whole body connections as contractile fields. It may be a tough read for some people. I am very curious about his perspective and have experienced his work in person. I love his model for movement.



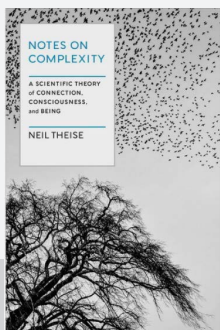
The Pelvic Girdle, 4th edition

by Diane Lee, Churchill Livingstone/Elsevier, Edinburgh, 2011

The Pelvic Girdle continues to provide the busy clinician with the latest evidence and clinical tools/knowledge to immediately impact and enhance daily practice for the management of lumbopelvic-hip pain and disability.

Madeline's Take:

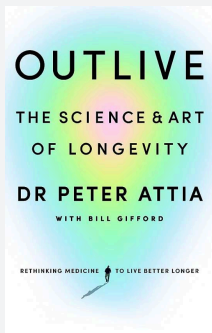
Another textbook for your library. As in the Thorax book by Lee, this becomes your reference book to go to about the pelvic-hip and lumbopelvic complex.



Notes on Complexity

by Neil Theise

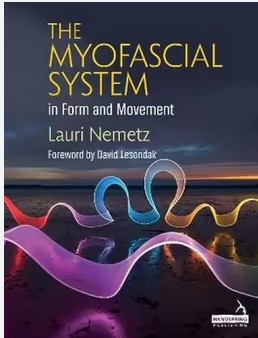
Is a study on how complex systems manifest in the world, patterns, interactions, and are self-sustaining. A deep fascinating read involving biology, social structures, consciousness, and more.



Outlive

by Dr. Peter Attia

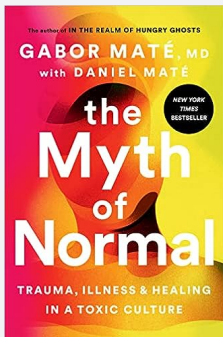
This book is what we all need to know to upgrade our medical needs. Empower yourself with medicine 3.0 and share with your Doctor!



The Myofascial System in Form and Movement

By Laurie Nemetz

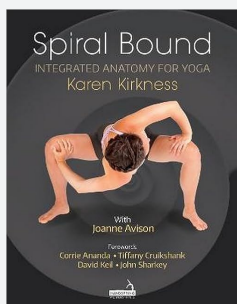
Laurie is an Adjunct Professor at Pace University Pleasantville, MA, BC-DMT, E-RYT500, LCAT, C-IAYT and YA Education Provider. She is known for offering dissection courses and yoga experiences. This is a wonderful book integrating science and art. I contributed a piece about Pilates in her book..



The Myth of Normal, Trauma, Illness and Healing in a Toxic Culture

By Gabor Maté

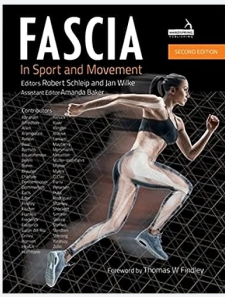
The title says it all. Dr. Maté articulates brilliantly how people are seeking health is flawed and toxic. A must read.



Spiral Bound

by Karen Kirkness.

I love reading other teachers' language and interpretation of movement. Karen offers a clear and beautiful way of describing biotensegrity principles in the body. Many of you will already know the multi-dimensional anatomy but pay close attention to her language.

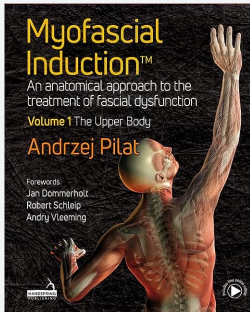


Fascia in Sports and Movement, 2nd Edition

by Robert Schleip and Jan Wilke

Best source on practical applications of fascia science to athletics and movement disciplines.

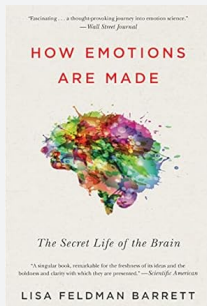
A significant number of important researchers and trainers contribute to this book. Understanding the role of fascia in physical training is important to excel in any movement modality.



Myofascial Induction™ An anatomical approach to the treatment of fascial dysfunction, Vol. 1 The Upper Body

by Andrzej Pilat

An important resource book for your library. It covers so much! From description of fascial topographical anatomy, its layers and architecture, embryology, neurodynamics, role of force transmission and more.



How Emotions Are Made

by Lisa Feldman Barrett

Lisa Feldman Barrett's book, "How Emotions Are Made" is a revolutionary book supported by years of neuroscience research changing how we have been informed about emotions. It is more than that! She turns Darwin's theories upside down, and broadens the perspective of white cultural bias demonstrating how other cultures language and brain perceive the world.