



David Lesondak

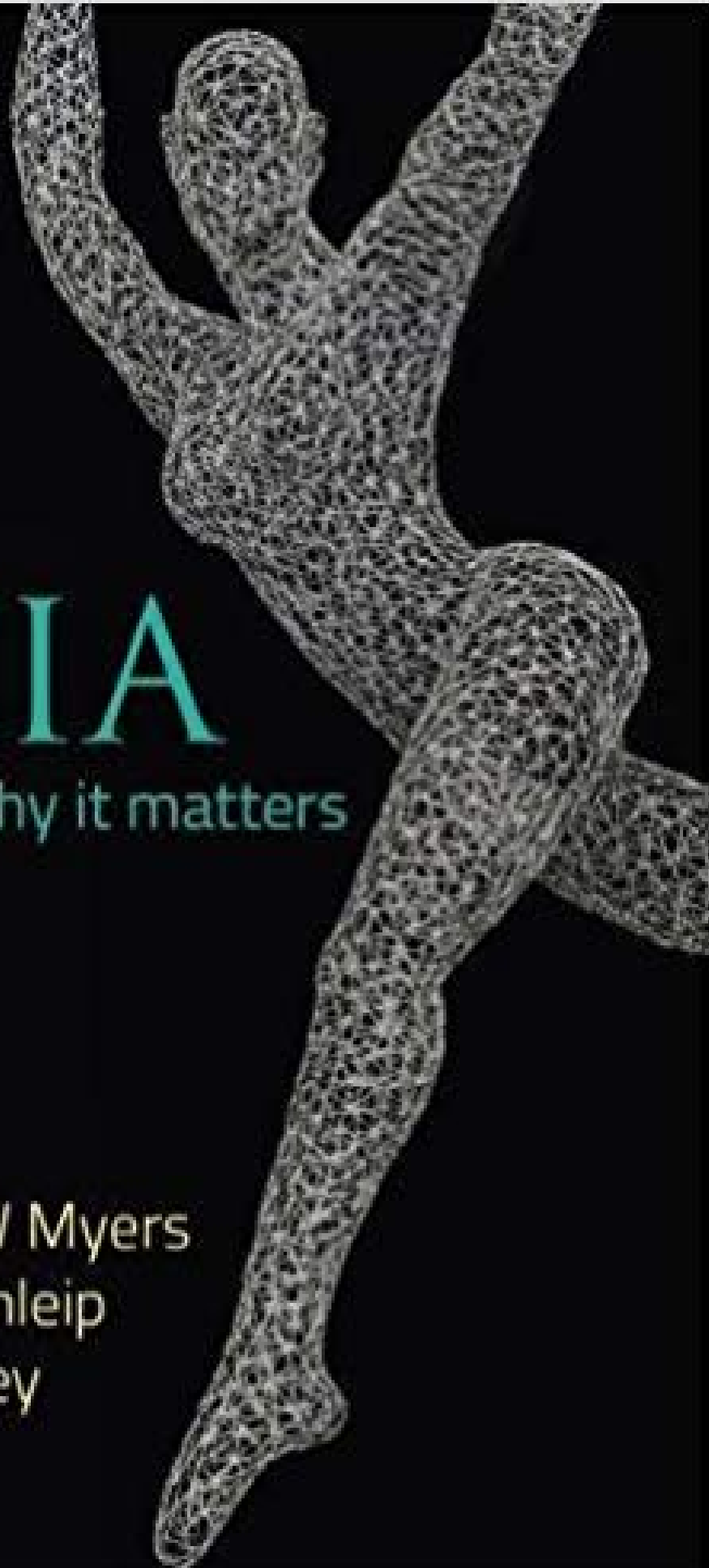
# FASCIA

What it is and why it matters

Forewords Thomas W Myers

Robert Schleip

Afterword Tom Findley



David Lesondak

## Fascia: What it is and Why it Matters



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This book, while comprehensive unto itself, may also serve as a very important reference for deeper study. Lavishly illustrated and with a strong storyline, each chapter logically connects the reader to the next (rather like the fascia itself) and gives the reader a obvious knowledge of the clinical need for fascia, the most recent in fascia science, and the way the fascial system interacts with the various other systems of the body from the cellular level on up. This book serves as a primer for all professionals: doctors, physical therapists, osteopaths, massage therapists, yoga teachers, or fitness professionals, to give them a good working understanding of fascia both as a tissue and a system.



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The perfect book to assist you understand Fascia and it's really importance! As a long term trainer of yoga teachers maintaining the most recent information in motion and body technology, I've spent many hours collecting information regarding fascia that is clear and understandable and trying to provide it. Finally, David Lesondak has written the perfect book in order that I will have one source for yoga exercise teachers combining thoughtful, apparent and well-illustrated information. The writing is great, and complex ideas are explained with clarity. Best fascia source for movement professionals! There's so much fresh research and detailed knowledge of what we know up to now about the fascial program. Thank you David! So much is linked to fascia and this book not only comes a perfect time but can be an enjoyable browse that I cannot suggest enough. In case you are only going to read one publication about fascia, this should be it! David offers condensed all the current research on fascia and presented in a structure that's easy to understand and so pleasurable to read. I am a Pilates Instructor and am always looking for ways to talk to my clients approximately fascia and it's role in teaching and for our overall health. I expect you will have a second edition before too much time and I am signed up for it! A go to text for anyone hoping to comprehend what we are studying Fascia! I purchased this book well in advance of it's publishing with great anticipation. So happy to finally obtain it and begin digging in! Wow. It's today on my needed reading list for all my training students! No other text I've read fits the readability of the one. David has an exceptional method of imparting his knowledge of the subject yet he is certainly still very much a student of the topic and anxious for more information. I'll keep this close at hand as a critical reference in my manual therapy practice.... Much like fascia connects all parts and realms of your body, your book assists connect us to so many areas of healthcare and choices for people searching to learn more about fascia and what tools and methods are available to boost our lives. David's reserve has given me a lot of new insights to share with my students. As a therapeutic massage therapist that is a fantastic resource! You have created a gem that is worthy of being displayed in the finest of stores David Lesondak, I got my duplicate in the mail today and I am loving it. You have created a gem that is worthy of being displayed in the best possible of stores, homes and schools. I love this book! It has changed just how I treat my clients and how I make an effort to explain to them their "garden variety" aches and pains. Thank you for creating this gem. This reserve will be put into my schools book list for my college students. Kevin Builds a bridge between conventional medication and fascia study.. The material on the brain is the most up-to-date, extensive and well illustrated that come across. Such historic context suggests that everything we've learned so far concerning this essential fabric of our bodies is still the tip of an iceberg. An ideal primer. Crystal clear, elegant illustrations make what is being referred to in the text become more active. Fascia is not just a pursuit of somatic specialists and manual therapists—all involved with spatial medication understand it to end up being the future of medicine. Lesondak's book helps establish a bridge between fascia analysis and conventional medicine. This is such a great introduction to understanding the vastness of the fascia system All the reviews were right. Each chapter flows beautifully and is packed with amazing information and photographs that . Fascia -- a cells, an organ and a system. Anyone interested in health simply must find out all they are able to about the fascia system. Five Stars Exceptional, detailed but concise. Lesondak's voice is passionate yet humble which makes for sentences that are both thrilling and clear to see. Perfect introduction into fascia and movement based therapies If you are looking for a great book to introduce you to the world of Fascia and Movement Therapies, search no further. This reserve answers many surface and deep queries and factors

the reader with the directions to find out more and find other answers. Amazing book! Each chapter flows beautifully and is packed with amazing info and photographs that aren't offered in a dense and dry way. Great book and exceptional description supplied by David Lesondak. Great book and excellent description provided by David Lesondak. For body employees or those interested I highly recommend Also have a look at his interview with Chris Frederick! Well worth it and liked every second of the class. I just hope that the next edition will include a few of the interesting materials on fascia as a conductor of vibration and subtle energy, along with the hypothetical links of fascia with awareness. Great work, David! A perfect breakdown of history, acquiring us from the humble beginnings of fascial anatomy to probably the most current applications and imaging. I love this book!! I've a small library of references on fascia that I have been collecting, reading, referring to for over 20 years. I am definitely loving this publication! The chapters build using one another. The more we learn about human movement, lack of movement, persistent pain and body limitation the more movement practitioners need to know the how's and why's behind it all and this publication delivers it. I really like it that a publication about current fascia study begins with a quote from 1809. I recommend this book extremely. The subject matter is very ideal for my future research program and personal wellness Amit Bhattacharya Yes, yes, yes! That is such a great launch to understanding the vastness of the fascia program.. David Lesondak's enthusiasm for his subject matter and generous wish to talk about what he has learned with others makes this publication a joy to read. David's book is among the most readable, with illustrations that are huge and well captioned. As a Fascial Stretch Therapist™ this publication is both useful and interesting. Incredible book that explains so much about fascia and your body! I participated in his hands-on program at the 2018 International conference on Integrated medicine and health.



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