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Fascial dysfunction is now recognised as one of the main underlying causes of musculoskeletal pain leading to impaired and reduced mobility. These are the symptoms which confront all practitioners of manual therapy in their everyday practice. In this second edition of his very successful book, Leon Chaitow brings together contributions from 20 leading practitioners and researchers from many different fields of manual therapy. Fascial Dysfunction - Manual Therapy Approaches, Second Edition aims to help those practitioners to assess more

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precisely the dysfunction of their clients and its cause and to increase practitioner awareness of the various techniques which may help them in their attempts to alleviate their clients' problems. New features of the Second edition include: Descriptions of new research evidence and its implications for practice: The dependence of collagen health on a mixture of balanced internal and external tension The importance of adequate hydration The possible role of the telocyte The importance of 'dosage' of therapies in management of fascial dysfunction New chapters on: Gua Sha and cupping Global postural re-education Scar remodelling The book is in two sections. Section I, written by Chaitow with a contribution by Tom Myers, presents a review of the current understanding of the function of fascia in the human body and describes what can go wrong - the causes

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and effects of fascial dysfunction and disease, and how to assess the problem and remove obstacles to the success of treatment. Section II contains chapters by experts in different types of manual therapy including three by Chaitow. Each practitioner describes their own approach to the problem of assessing and treating fascial dysfunction and explains their specialist therapeutic approach. These approaches include: \* Bowen Therapy \* Connective Tissue Manipulation and Skin Rolling \* Fascia oriented training applications in sports and movement therapy \* The Fascial Manipulation® method applied to low back pain \* Fascial Unwinding \* Balanced Ligamentous Tension Technique \* Gua sha (press-stroking) and Ba guan (cupping): traditional East Asian instrument- assisted manual therapies \* Muscle Energy Techniques (MET) \* Myofascial Induction

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live in a world characterized by a growing diversity and richness of social differences, authors Chava Frankfort-Nachmias and Anna Leon-Guerrero help students learn key sociological concepts through real research examples related to the dynamic interplay of race, class, gender, and other social variables. In addition, guides for reading and interpreting the research literature help students understand key concepts, while SPSS demonstrations and a rich variety of exercises help them hone their problem-solving skills.

Ant Anstead's *Building a Special* brings the Haynes story full circle, coming 61 years after the original *Building a 750 Special* was written by John Haynes, Haynes Publishing's founder, when he was still a schoolboy. This book is a TV tie-in, following the 12-part TV series *Ant*

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Anstead Master Mechanic, aired on Motor Trend, part of the Discover Network in the US and UK, following Ant Anstead's build of his own-design 'special' car, taking inspiration from the Alfa 158 - the first World Championship-winning F1 car, which raced from the 1930s until the 1950s. The 12-part TV series followed Ant's build of the car, from the first design ideas, through the construction, culminating in the debut of the car during the 2019 US Grand Prix weekend in Austin, Texas. The book follows Ant's personal build of the car, from the selection of the donor MG TD for the chassis, and Alfa Romeo Spider for the engine and gearbox, through modifying the chassis, building the suspension, steering, brakes, bodywork and interior, and putting all the components together to produce a finished one-off 'special.'

Content includes: Introduction The history

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of specials Planning Donor car Chassis, suspension, steering, rear axle Engine, fuel system, cooling system, ancillaries, exhaust Gearbox Bodywork Braking system Cockpit Wiring Preparation and painting Testing Setting up and Making road legal.

Omnibus collecting Death or Glory, Duty Calls and Cain's Last Stand, plus a new short story and introduction from author Sandy Mitchell.

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achieves this by calling on his everyday classroom experience and his knowledge of how students learn inside and outside of lecture. In addition to over 50% new homework problems, the twelfth edition introduces the new elements of Conceptual Problems, Fundamental Problems, and MasteringEngineering, the most technologically advanced online tutorial and homework system.

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World Champion trainer and rider Sandy Collier provides this indispensable guide of progressive training exercises for the reining horse. Whether green broke, or "push-button," every horse will perform more willingly, cleanly, and quickly with work on what she calls the "Seven Essentials"—the foundational basics every riding horse needs. Like no other book out there, Collier breaks down the maneuvers required in a reining pattern and the tricks

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and techniques for introducing them, perfecting them, and showing them off in competition. You'll learn about: •

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