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Body Rolling: An Experiential Approach to Complete Muscle Release contained more usable information with better references to specific conditions such as low back pain, sciatica, neck, shoulder, etc. The photos are easier to follow than in the 2nd book. In general, Body Rolling is a wonderful way to approach

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A revolutionary method that teaches bodywork practitioners and their clients how to feel the inner logic of the muscular system. Each body has its own logic, its own language of release.

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Approach To Complete Muscle Release by Yamuna Zake, Stephanie Golden Paperback Book, 224 pages Description Body Rolling is a revolutionary method that teaches bodywork practitioners and their clients how to feel the inner logic of the muscular system while freeing restrictions in the body, increasing blood flow, and promoting health.

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Zake describes two common injuries for runners—ankles and knees—in her book, *Body Rolling, An Experiential Approach to Complete Muscle Release* (Healing Arts Press, 1997): "People who walk heavily...

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Body Rolling: An Experiential Approach to Complete Muscle Release contained more usable information with better references to specific conditions such as low back pain, sciatica, neck, shoulder, etc. The photos are easier to follow than in the 2nd book. In general, Body Rolling is a wonderful way to approach experiencing the body in new ways.

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