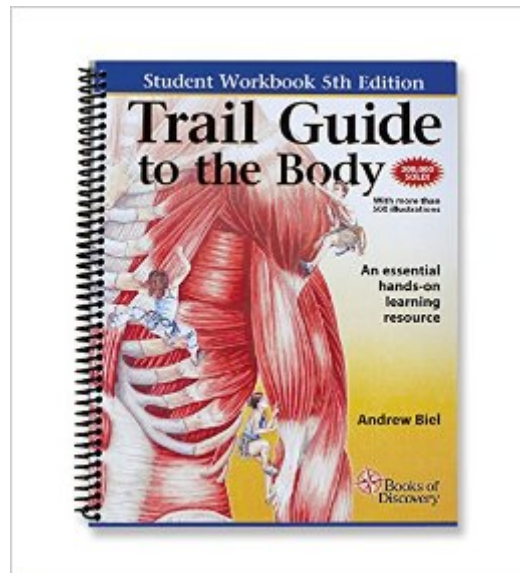


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# Trail Guide To The Body Workbook



## Synopsis

The essential companion to the Trail Guide textbook, this workbook asks students to apply the material by answering questions in a variety of formats including fill-in-the-blanks, drawings to color, illustrations and matching exercises. Great for self-testing, homework and preparing for national exams. The Student Workbook helps students stay on track and keep pace with the class. 230 pages and more than 500 illustrations.

## Book Information

Spiral-bound: 230 pages

Publisher: Books of Discovery; 5th edition (August 1, 2014)

Language: English

ISBN-10: 0982978669

ISBN-13: 978-0982978665

Product Dimensions: 10.9 x 8.6 x 0.6 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (283 customer reviews)

Best Sellers Rank: #10,411 in Books (See Top 100 in Books) #6 in [Books > Textbooks >](#)

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## Customer Reviews

I received the 2nd ed. of this book in massage school. I purchased the 3rd ed. to study for my National test. WOW! I truly did not think this book could have gotten any better, but it DID! It shows all different views of muscles, muscle groups, bones, boney landmarks, how to find boney landmarks to find muscles, latin/greek roots of the words, study hints, remembering devices, WONDERFUL illustrations! I also purchased the Student Workbook - which is an ENTIRELY new text with this edition - and it has a lot of different ways to test yourself to prepare for tests. If you need to know ANYTHING relating to the muscles/bones of the body, YOU NEED THIS BOOK! Don't let the cost fool you ... it is NOT overpriced. I used to think it was (when I found out how much it was by itself - my 2nd ed. was included with my tuition at school), until I bought this new edition. They added an obscene amount of new pages, and updated their illustrations to make them even EASIER to understand. If you have any doubts about this book, log on to the publishers website [discoverybooks.com](http://discoverybooks.com) - there are excerpts, downloadable pages, etc. Hope this helps.

Finally, a palpatory anatomy book that speaks TO you instead of talking AT you! This is the kind of book that students put aside all other anatomy books for because it is a self teaching text. It directly teaches you how to become adept at feeling for and finding structures on the body. In the realm of being a manual therapist, the more you can teach your hands to "see", "feel", and know structures, the more skilled and effective you are. This book is excellent for those who want to be able to have confidence in doing this, and have fun learning anatomy!

This book helped me to Ace my Kinesiology as well as Anatomy. Now that I am a fully licensed Massage Therapist, I use this book quite often in my practice. It has been a good friend! Excellent illustrations - for the beginner and advanced student - it is truly a book from heaven.

As a bodyworker I find the preciseness of locating the noted landmarks shown in "Trailguide to the Body" give the novice as well as the established massage therapist, osteopath, physical therapist, chiropractor or medical doctor an amazing ability to find, palpate and ultimately treat clients with a practical ease not commonly found in other texts.

Trail Guide to the Body is an invaluable resource for any massage therapist or body-worker wanting to know the intricacies of the body, and the correlation of the muscles and bones. The illustrations are incredible, showing wonderful detail. Written information is concise, informative, and thoroughly presented. Muscles include such information as: the action, insertion, origin, and nerves. Palpation is also shown along with instructions on "how-to". The authors have also recently released flash cards for the muscles and another set for the bones. I absolutely loved them and carried them around with to study. Awesome book! Great reference and one book that I refer to time and time again!

Finally someone has bridged the gap between dry anatomy textbooks and hands-on bodywork. "Trail Guide" is the next best thing to being able to see through the skin! Clear directions and illustrations enable bodyworkers to identify and locate both bony landmarks and muscles with precision. A must-have office reference for everyone who works with muscles.

(This review is for the book "Trail Guide to the Body" 3rd Edition by Andrew Biel.) Since this book has only received 5-Star positive ratings to date (about 26 of them), there is no need for me to go

into all the great features it contains. However, this book has a big flaw. The text and captions to the drawings on every single page (and there are nearly 400 pages!) have a very light (i.e., pale) print, almost light gray. And the font is small and thin too. This makes this book quite hard to read for some people. In fact, it is so tiring to read that you will not be referring to it that much. What a disaster, ruining such a beautiful book! Shame on you editors/printers! What happened to quality control?

As an Instructors Assistant and an Advanced Practitioner of Therapeutic Massage, I've found this book a VERY useful reference and a compliment to class room and on site education. The latest edition has more color graphics, which is a welcome change from the drab 1st edition. (but either is sufficient) I'm teaching a class in Therapeutic Massage myself, this coming semester, and am sure I'll recommend it to the students, and keep mine handy in class. The details on how to locate and palpate the muscles are great!

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