



The Concise Book of Muscles, Third Edition

By Chris Jarmey, John Sharkey

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Editorial Review

Review

"*The Concise Book of Muscles* ... is the best anatomy book for nonmedical students that I've ever seen, and I've looked at them all. Get it."—Timothy Ferriss, author of *The 4-Hour Body* and *The 4-Hour Workweek*

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"One of the best anatomy textbooks ever published in its clarity and ease-of-use."—*Connections*, magazine for bodyworkers and therapists

"The information and method of presentation in this book for the therapist is unrivalled in its usefulness as a learning tool."—Russell Humpage, Master Medica, Physical Therapy Book Specialists

About the Author

John Sharkey is a clinical anatomist and exercise physiologist of more than thirty years. He is director of Ireland's National Training Center, and the Irish College of Osteopathic Medicine. John is a member of the editorial team for the Journal of Bodywork and Movement Therapies, a reviewer for the International Journal of Osteopathic Medicine and the International Journal of Therapeutic Massage and Bodywork. An accepted and recognized authority and researcher in clinical anatomy, human movement and manual medicine, Sharkey is a popular international presenter and keynote speaker.

Users Review

From reader reviews:

William Perrotta:

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