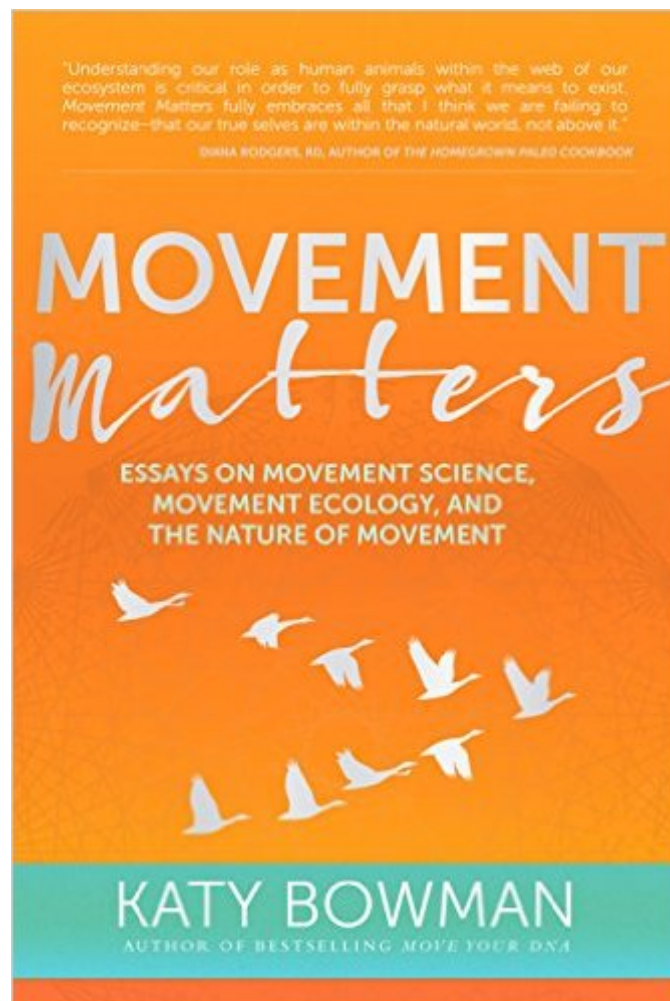


The book was found

Movement Matters: Essays On Movement Science, Movement Ecology, And The Nature Of Movement



Synopsis

What if, during a bout of running or cycling, parts of you were still sedentary? What if our entire model for how a cell behaves were based on cells immobilized in a petri dish? What if natural movement was more than barefoot running and tree-climbing, and required a group of people? Thought-provoking, inspiring, and always entertaining, *Movement Matters* is a deep exploration of movement beyond exercise via a compendium of essays from bio-mechanist and movement ecologist Katy Bowman. Comprising her best essays from 2011 to 2016, organized by theme, *Movement Matters* explores the main areas in which she has focused her most recent work: Dismantling our current understanding of movement science; Exploring movement ecology and the nature of movement; Giving practical advice for creating a movement-based lifestyle. A companion to *Alignment Matters* (2013) 9780989653909, *Movement Matters* presents the deepening of Katys groundbreaking work, models that have evolved from thinking of the body as a single structure to considering it to be a cluster of a trillion bodies, and how those trillion bodies are being loaded by forces both inside (via muscular contraction) and outside (our cells are moved by the world around us). From movement nutrients to furniture-free homes to forest school to the problems with asking for scientific proof, our cultural bias against movement is explored from many angles. The reader is left with a deeper understanding of the challenges we face as a movement-starved culture and of the absolute joy and freedom that natural, nutritious movement can bring us.

Book Information

Paperback: 224 pages

Publisher: Propriometrics Press (November 30, 2016)

Language: English

ISBN-10: 1943370036

ISBN-13: 978-1943370030

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Best Sellers Rank: #31,748 in Books (See Top 100 in Books) #183 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing #548 in Books > Health, Fitness & Dieting > Exercise & Fitness

[Download to continue reading...](#)

Movement Matters: Essays on Movement Science, Movement Ecology, and the Nature of Movement Essays That Will Get You into Medical School (Essays That Will Get You Into...Series) [Second Edition] (Barron's Essays That Will Get You Into Medical School) Maximum Entropy and

Ecology: A Theory of Abundance, Distribution, and Energetics (Oxford Series in Ecology and Evolution) Law and Ecology: The Rise of the Ecosystem Regime (Ecology and Law in Modern Society) Infectious Diseases in Primates: Behavior, Ecology and Evolution (Oxford Series in Ecology and Evolution) The Ecology of Phytoplankton (Ecology, Biodiversity and Conservation) Ecology and Classification of North American Freshwater Invertebrates, Third Edition (Aquatic Ecology (Academic Press)) Wetland Ecology (Cambridge Studies in Ecology) What Really Matters for Struggling Readers: Designing Research-Based Programs (3rd Edition) (What Really Matters Series) The Primate Anthology: Essays on Primate Behavior, Ecology and Conservation from Natural History The Ecology of Law: Toward a Legal System in Tune with Nature and Community Gotham City 14 Miles: 14 Essays on Why the 1960s Batman TV Series Matters Sports Science (Why Science Matters) Essays That Worked for Law Schools: 40 Essays from Successful Applications to the Nation's Top Law Schools Essays That Will Get You into Medical School (Essays That Will Get You Into... Series) 4th Edition by Dowhan, Chris, Kaufman, Dan, Dowhan, Adrienne (2014) Paperback 240 Writing Topics with Sample Essays: How to Write Essays (120 Writing Topics) James Baldwin : Collected Essays : Notes of a Native Son / Nobody Knows My Name / The Fire Next Time / No Name in the Street / The Devil Finds Work / Other Essays (Library of America) Landmark Essays on Archival Research (Landmark Essays Series) Nature Heals: The Psychological Essays of Paul Goodman The New Nature of Maps: Essays in the History of Cartography

[Dmca](#)