



# **Born to Walk: Myofascial Efficiency and the Body in Movement**

*James Earls*

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The ability to walk upright on two legs is one of the major traits that define us as humans; yet, scientists still aren't sure why we evolved to walk as we do. In *Born to Walk*, author James Earls explores the mystery of our evolution by describing in depth the mechanisms that allow us to be efficient in bipedal gait. Viewing the whole body as an interconnected unit, Earls explains how we can regain a flowing efficiency within our gait--an efficiency which, he argues, is part of our natural design.

This book is designed for movement therapy practitioners, physiotherapists, osteopaths, chiropractors, massage therapists, and any bodyworker wishing to help clients by incorporating an understanding of gait and its mechanics. It will also appeal to anyone with an interest in evolution and movement.

Drawing on recent research from paleoanthropology, sports science, and anatomy, Earls proposes a complete model of how the whole body cooperates in this three dimensional action. His work is based on Thomas Myers's Anatomy Trains model of human anatomy, a holistic view of the human body that emphasizes fascial and myofascial connections.

Earls distills the complex action of walking into a simple sequence of "essential events" or actions that are necessary to engage the myofascia and utilize its full potential in the form of elastic energy. He explains the "stretch-shortening cycle"--the mechanism that is the basis for many normal human activities--and discusses how humans take advantage of isometric contractions, viscoelastic response, and elastic recoil to minimize calorie usage. This streamlined efficiency is what enabled our first ancestors to begin to migrate not only seasonally but also permanently to new lands, thereby expanding the natural resources available to us as a species.

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#### **Megan Fairbanks:**

Why? Because this Born to Walk: Myofascial Efficiency and the Body in Movement is an unordinary book that the inside of the book waiting for you to snap that but latter it will surprise you with the secret the idea inside. Reading this book close to it was fantastic author who else write the book in such amazing way makes the content inside easier to understand, entertaining way but still convey the meaning totally. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of benefits than the other book possess such as help improving your talent and your critical thinking means. So , still want to hold up having that book? If I have been you I will go to the reserve store hurriedly.

#### **Bonnie Boyd:**

Reading can called brain hangout, why? Because when you find yourself reading a book particularly book entitled Born to Walk: Myofascial Efficiency and the Body in Movement your mind will drift away trough every dimension, wandering in every aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging each word written in a guide then become one type conclusion and explanation which maybe you never get previous to. The Born to Walk: Myofascial Efficiency and the Body in Movement giving you an additional experience more than blown away the mind but also giving you useful information for your better life within this era. So now let us explain to you the relaxing pattern this is your body and mind will probably be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary investing spare time activity?

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