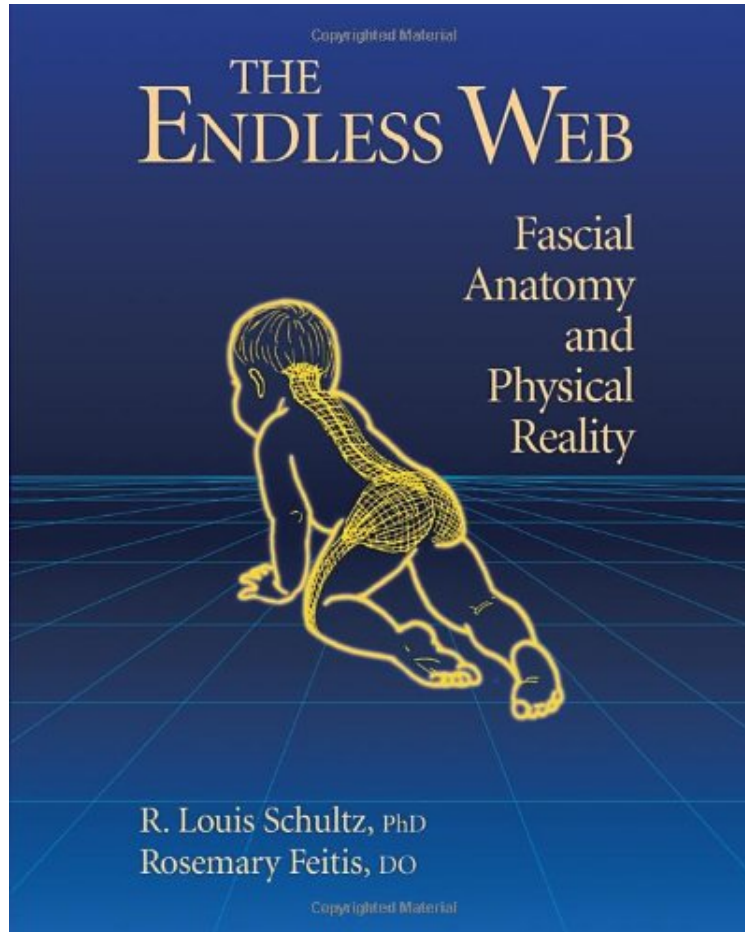


The Endless Web: Fascial Anatomy and Physical Reality

R. Louis Schultz, Rosemary Feitis
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R. Louis Schultz, Rosemary Feitis : The Endless Web: Fascial Anatomy and Physical Reality before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Endless Web: Fascial Anatomy and Physical Reality:

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The result of more than two decades of research and practice, *The Endless Web* presents in clear, readable language a comprehensive guide to understanding and working effectively with the myofascial system, the 'packing material' of the body. Myofascia is a flexible network of tissue that surrounds, cushions, and supports muscles, bones, and organs. It also acts as a riverbed containing the flow of interstitial fluid, and is a critical influence on the immune and hormonal systems. In daily life, this connective tissue is an underlying determinant of movement quality, mood, alertness, and general well-being. *The Endless Web* is a fully illustrated guide to understanding how myofascia works, its supportive role within the body's anatomy, and how gentle manipulation of the myofascial tissue is central to lasting therapeutic intervention and how it can be integrated into any bodywork practice.

From the Back Cover
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About the Author
R. Louis Schultz has been a Rolfer since 1973, and is currently on the Anatomy Faculty of the Rolf Institute in New York City. He has authored numerous scientific articles and is co-editor with Rosemary Feitis of *Remembering Ida Rolf* (North Atlantic Books, 1996).
Rosemary Feitis worked with Dr. Rolf on her groundbreaking book *Rolfing*, edited *Rolfing and Physical Reality*, and is co-editor of *Remembering Ida Rolf*. She practices Rolfing and homeopathy and lives in New York City.
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