



Fascial Release for Structural Balance

Thomas Myers, James Earls

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Fascia, the soft tissue surrounding muscles, bones, and organs, plays a crucial role in supporting the body. By learning to intelligently manipulate it, a bodyworker or therapist can help clients with many chronic conditions, providing immediate pain relief as well as reducing ongoing aches and pains. In *Fascial Release for Structural Balance*, authors James Earls and Thomas Meyers—both respected bodywork professionals—argue that approaching the fascia requires “a different eye, a different touch, and tissue-specific techniques.” Designed for any bodywork practitioner using manual therapy, including physiotherapists, osteopaths, chiropractors, myofascial and trigger point therapists, and massage therapists, this book offers a detailed introduction to structural anatomy and fascial release therapy, including postural analysis, complete technique descriptions, and the art of proper assessment of a patient through “bodyreading.” Featuring 150 black-and-white photographs, *Fascial Release for Structural Balance* provides the information therapists need to give effective treatments and create long-lasting, systemic change in clients’ shape and structure.

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