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Todd Hargrove is a great fitness and health writer at bettermovement.org. I ve been talking with Todd for years and find his information and thought process excellent.

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About The Book. A Guide to Better Movement offers a clear and practical look at emerging science related to the brain s role in movement and pain.

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and Rolfer, and author of A Guide to Better Movement: The Science and Practice of Moving with More Skill and Less move better and with less pain.

### **Better movement. move better. feel better**

Highlight #1: My first book Without a doubt, publishing A Guide to Better Movement was one of the most rewarding things I have ever done.