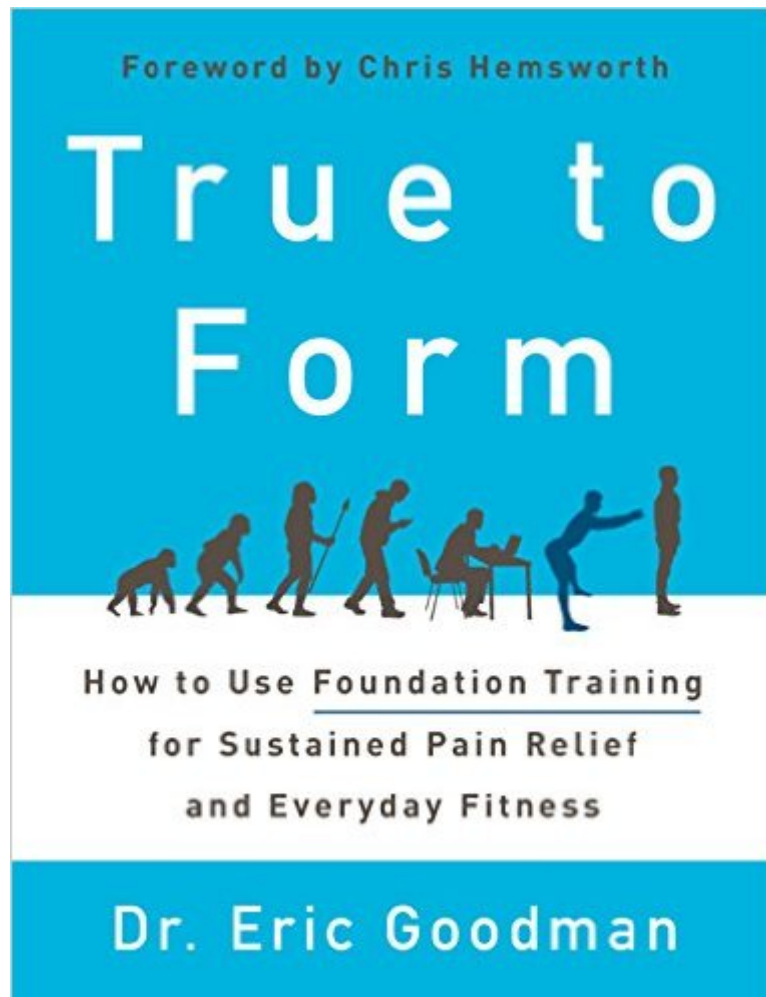


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# True To Form: How To Use Foundation Training For Sustained Pain Relief And Everyday Fitness



## Synopsis

Radical in its simplicity, Dr. Eric Goodman's visionary approach to mindful movement corrects the complacent adaptations that lead to back and joint pain, and teaches us to harness the body's natural movement patterns into daily activities to make us fit, healthy, and pain free. Our sedentary lifestyle has led to an epidemic of chronic pain. By adapting to posture and movement that have us out of balance—including sitting all day at a keyboard, tilting our heads forward to look at our phones—we consistently compromise our joints, give our organs less room to function, and weaken our muscles. How we hold and live in our bodies is fundamental to our overall health, and the good news is that we all hold the key to a healthier body. Dr. Goodman has spent years studying human physiology and movement. He has trained world-class athletes for better performance, and has healed people of all ages and occupations of lifelong debilitating pain. His theory of self-healing is now available to everyone. His practical program trains the posterior muscle chain—shoulders, back, butt, and legs—shifting the burden of support away from joints and putting it back where it belongs: into large muscle groups. Filled with helpful diagrams and sixty color photographs, *True to Form* shows readers how to successfully integrate these powerful movements into everyday life—from playing with the kids to washing dishes to long hours in the office—transforming ordinary physical actions into active and mindful movements that help to eliminate pain, up your game, or simply feel more energetic. *True to Form* shows you how to move better, breathe better, and get back to using your body the way nature intended.

## Book Information

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## Customer Reviews

A couple of very sobering statistics. One; according to a recent Time Magazine article, Americans spend over \$50 billion a year diagnosing and treating back pain. That amount represents more than the annual GDP of the majority of the world's sovereign states based on United Nations numbers. Two: in a study published in the New England Journal of Medicine, of 98 people who were experiencing no back pain whatsoever and underwent MRIs, 52 percent had a disk bulge at least one level and 27 percent had a protrusion. Thirty-eight percent had an abnormality of more than one inter-vertebral disk. •What do those stats mean in real life? Unless you are part of a very lucky small minority, you are either in pain right now, or are on a trajectory for future back pain if you do nothing to change the underlying degeneration of your body and spine. The reason I say body and spine is because it may manifest in the spine, but is really caused by a broader dysfunction in the way we use our bodies. The reason for this is covered eloquently in this book, but stated simply, we just weren't biologically designed to spend the majority of our lives with our butts glued to a chair. So what can one do? One option is to load up on pain relievers, and trudge ahead. According to statistics, Americans consume 80% of the entire global supply of prescription pain killers, notching 28,000 deaths from overdose in 2014. And that number doesn't include over-the-counter stuff. The other option is to make some simple, but fundamental changes in the way you use your body. That's what Foundation Training, and this book, is about. As the co-director of a holistic health center in Taiwan, I find Foundation Training invaluable both personally and professionally.

The IntroDr. Eric Goodman, the creator of Foundation Training, is back with a follow up to his first book, which I previously reviewed. The bottom line of that review is that Foundation Training is the real deal, it addressed my back pain, and I'm a believer in Dr. Goodman and his system. I preordered this book not knowing exactly what to expect, but hoping that it would break new ground and not just be a rehash of the material presented in the previous book. It was recently released and I've now read it all the way through. So, does it live up to my expectation? Read on to find out! The Layout Clocking in at roughly 200 pages, the book is a fairly quick read. The content is laid out as follows: -Introduction and backstory -Walkthrough of a typical day for a person living in modern western society -Introduction to proper movement -High level overview of Foundation Training concepts -Explanations of exercises that encompass these concepts -Tips for incorporating proper movement patterns into everyday life -Basic daily programming guidelines for reinforcing proper movement patterns There is no index, and the table of contents does not break out page numbers

for specific exercises. This is problematic because it makes the book more difficult to use as a quick reference when learning the exercises - you'll have to do a bit of hunting if you're looking to review the description of a particular posture. The Content Like I mentioned in the intro, I bought this book hoping to get some new material and I was not disappointed. This book is not just a rehash of the first book - the material is presented in an entirely new way and has been expanded upon. It's clear that Dr.

This book easily just jumped to #1 of my top 3 books (in a rather large library) on health and fitness. As a Body Alignment & Fitness Specialist, this book offers easily digestible ways to improve the quality of your life. There has been a growing disconnect between our health and fitness and what the health and fitness industry has offered us to remedy our ailments. Sure, burpees have a time and place, and bicep curls and plyometric jumps can serve a purpose, but what they don't readily offer (for most people) is a practical application to daily life. This book offers an alternative. It offers the ultimate accessory to whatever activities make you happy. It brings us back to the fundamental truths about our bodies and our health. This book cuts through the crap that is the usual "health and fitness" publication. You know those books, magazine workouts, dvd sets, youtube videos that usually profess to help you lose weight, lose fat, or build big biceps - really fast. We all think we have tight this or weak that. Herniated discs or deteriorating joints. The aches and pains we blame on "getting old". And what we're offered are more ways to stretch our muscles or beat them into submission. Doctors may offer pain killers to literally shut the pain up. In far too many instances, they'll suggest surgery to fuse the issue or replace a part. Now, don't get me wrong, sometimes surgery or pain killers are called for but I think a solid effort to get to the source of the problem would be far more beneficial and offer more long term solutions and sadly that's just not how it's usually done. This book offers you that option. It actually takes you to the source of the problem. We have become disconnected from how we move our bodies.

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