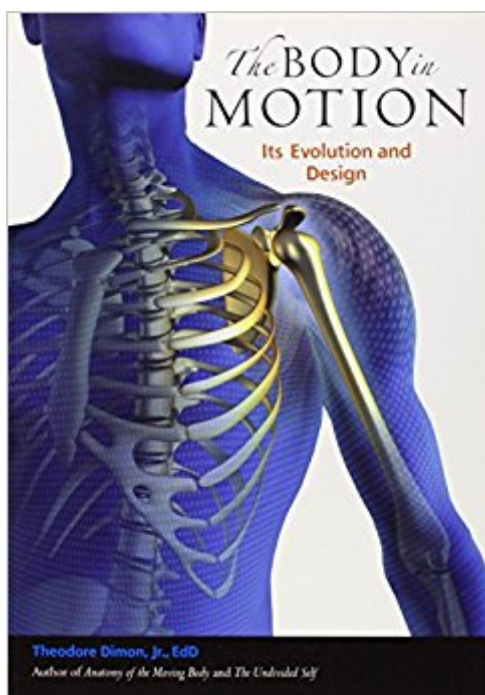


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The Body In Motion: Its Evolution And Design



Synopsis

In *The Body in Motion*, author Theodore Dimon confronts a simple yet crucial task: to make sense of our amazing design. This comprehensive guide demonstrates the functions and evolution of specific body systems, explaining how they cooperate to form an upright, intelligent, tool-making marvel, capable of great technological and artistic achievement. Enhanced with 162 beautifully rendered full-color illustrations, the book opens with an introduction to the origins of movement, leading the reader on a journey through time and evolution—from fish to amphibian, quadruped to primate—showing how humans became the preeminent moving beings on the planet. Delving deeper into our upright support system, *The Body in Motion* clearly describes the workings of the hands and upper limbs; the pelvic girdle; the feet and lower limbs; breathing; the larynx and throat musculature; and more. Central to the book is the idea that it is our upright posture that makes it possible for us to move in an infinite variety of ways, to manipulate objects, to form speech, and to perform the complex rotational movements that underlie many of our most sophisticated skills. These systems, Dimon argues persuasively, have helped us build, invent, create art, explore the world, and imbue life with a contemplative, spiritual dimension that would otherwise not exist.

Book Information

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Customer Reviews

“The *Body in Motion* is not just another technical book on anatomy but a passionate illumination of the remarkable instrument we call body. | We don’t need another anatomy book, we need exactly what this writing does to take our entire concept of our functionality as human beings to the next level of consciousness. Theodore Dimon Jr.’s work appeals to me as a dance artist,

practitioner of the science of movement, contemplative seeker, and pragmatic teacher. This essential work is immensely readable, enjoyable, and full of both practical wisdom and profound insight.

• "Anne Bluethenthal, dancer, teacher, and choreographer "œThe Body in Motion is an outstanding book. I am impressed by the clarity of the writing; every chapter describes and simplifies a crucial aspect of anatomy.

• "Jean E. Sealey, DSc, Professor Emeritus of Medicine in Physiology and Biophysics, Weill Medical College of Cornell University, Ithaca, New York "œTheodore Dimon Jr. has written an extraordinarily clear and useful book that is grounded, not only in extensive research and scholarship but, just as importantly, in experiential knowledge based on Dimon's training and practical work with movement and posture over the past thirty years. I highly recommend The Body in Motion, not just for bodyworkers and dancers but also for artists, physical educators, personal trainers, and anyone interested in the marvelous design of the human body.

"Seymour Simmons III, EdD, professor of art and art education, Winthrop University, Rock Hill, South Carolina"œThis is a comprehensive guide to the anatomical design of the human body, revealing how the body's systems cooperate to form an upright, intelligent, tool-making marvel capable of great technological and artistic achievement. Based on the author's research and training in movement and posture for over 30-years, the book contains chapters including breathing, the lower and upper limbs, the spine and the shoulder. With beautiful illustrations and free from technical jargon, The Body In Motion moves away from being just another book on anatomy to provide a deeper understanding of our functionality. Highly recommended.

• "Yoga Magazine

Theodore Dimon, Jr., EdD, is the founder and director of the Dimon Institute (dimoninstitute.org) in New York City, where he lives. He is a widely recognized expert in the Alexander Technique, a practical method for improving ease and freedom of movement, balance, support, and coordination. He received both master's and doctorate degrees in education from Harvard University.

This book has really helped me understand the interactions of the major portions of human anatomy, as well as how each individual area works (the forearm and the shoulder were especially helpful for me). In combination with Jay Dicharry's *Anatomy for Runners: Unlocking Your Athletic Potential for Health, Speed, and Injury Prevention* (I bought the Kindle edition), I can see a number of ways to perform better. The final chapter of this book didn't do much for me, but everything before that was very helpful. I recommend it if you're trying to understand how the body moves.

At the end of this fine book, the author writes, "The human organism is the most complex piece of

machinery on the planet, a thing so vast that it is a world unto itself." In this book, Theodore Dimon describes how the structure of the human body relates to its functioning. Along and along, he inserts strong hints as to how its most efficient working should proceed. Each anatomical point is illustrated by terrific drawings by G. David Brown, and these visuals are a real aid to understanding. The book is entirely complementary with his prior book, *Anatomy of the Moving Body*, which is a great overview of all the specific bones and muscles in the body. Of course, readers will look at this book seeking to satisfy their own particular needs. My own happen to include interests in various physical disciplines. The wisdom traditions and religions exhort seekers toward "self-knowledge," as the basis for understanding the greater Cosmos. What more accessible subject for such study than the structure and functioning of one's body itself? Why am I like this? How do the parts function as a whole? And more: what are the basic principles determining its organization? The book does not address my particular angle of interest per se, yet it helps answer my questions. Mr. Dimon dedicates the book to the late Walter Carrington, who was his Alexander Technique teacher. In an essay, Carrington once wrote, "Without the experience of a proper and reliable physical balance all of the body's functioning is upset.... Without it, we cannot fulfill our design requirements to live efficiently as we should." The study of what's involved with a balanced wholeness, as well as "to live efficiently" -- these, too, are areas worthy of our attention. The book is unusual in that it is entirely educational, making no claims for "healing" or "improved performance." But it is written from the understanding that inheres in the Alexander Technique, which has been tremendously helpful to many people. All in all, a superior statement.

Someone on this page mentioned something about moving forward or such from the typical anatomy books. I agree and Dinon's adds to this important growth in evolutionary explanations for anatomy and more. I've looked for books like this for a long time. I did buy *Human Structure*, Hylander, Shafland, Cartmill and found it very interesting. There we find a clear and concise explanation of the migration of the supraspinatus and the infraspinatus explained in terms of migration from reptilian to mammalian structures -- opossum, for instance. With *The Body in Motion* we find similar clarity and explanations for structure and function within the context of a natural history of evolution. I hope others follow these important texts on the body and evolution.

This is a great book. The diagrams perfectly illustrate the concepts the text clearly describe the functions of each muscle, muscle group and joint articulation. I highly recommend this book as an addition to any anatomy curriculum. It not only get into the "hows" AND the "why's" of

musculo-skeletal structures. It explains them in a straightforward and narrative manner. The writing style makes it an easy and very interesting read. You won't fall asleep or pull your hair out like you would trying to read something like "Grey's Anatomy." I will definitely add this to my class reading list.

Excellent description of how the muscular-skeletal system works in facilitating movement. I have used repeatedly in sharing anatomical information with yoga therapy clients in addressing their structural issues from overuse and misuse of body. Best book for my yoga practice found yet. Highly recommend for all restorative practice yogis.

Dimon has written an excellent book that gives purpose and meaning to studying anatomy. The massage school students love how the concepts presented in this book help them to understand the purpose and relationships of the structures and muscles. The concepts are presented in a clear and readily understandable form.

This book immediately struck me, from the cover through to the end, with the beauty and clarity of its illustrations. Every bit as clear and beautiful, the text speaks to a deep desire to communicate simply, yet effectively and thoroughly.

As a layperson with no medical training but basic high school biology, this book really helped me understand the mechanics of the human form.

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