

# **A Guide To Better Movement: The Science And Practice Of Moving With More Skill And Less Pain By Todd R. Hargrove**

**By Todd R. Hargrove**

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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.

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Todd Hargrove is a Rolfer, Feldenkrais Practitioner and the Author of A Guide to Better Movement: The Science and Practice of Moving with More Skill and Less Pain.

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Jun 13, 2014 I haven't updated in a while due to time devoted to opening a new clinic called Generation Care Performance Center. However, I felt compelled to make a

It's called *A Guide to Better Movement: The Science and Practice of Moving with More Skill and Less Pain*. Todd Hargrove says:

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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*.

Todd Hargrove is a great fitness and health writer at [bettermovement.org](http://bettermovement.org). I've been talking with Todd for years and find his information and thought process excellent.

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