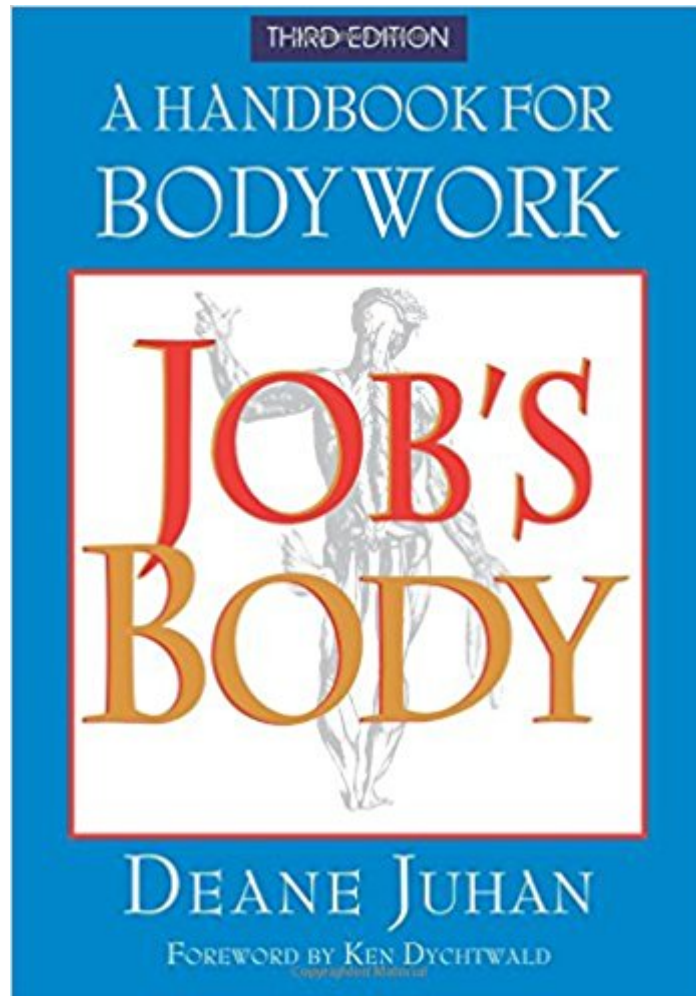




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Job's Body



Synopsis

Possibly the most famous and widely used resource in therapeutic bodywork, this beautifully written, detailed and reader-friendly picture of how and why the body responds to touch is both scientifically reliable and inspiring. Furthering the presentation of recent research in biochemistry, cell biology and energy medicine in the Second Edition, this new and greatly expanded edition includes advances in neurophysiology and physics, reconfiguring knowledge of mind and body, from microgenesis to quantum consciousness. A rare book, required reading for national massage therapy certification, that also serves the general reader.

Book Information

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Customer Reviews

Juhan examines the physiology and psychology of our response to touch, combining excellent illustrations with a detailed but readable technical discussion. Individual sections conclude with his position that through body work, "heightened self-awareness and improved control over conditioned responses" will improve our health and reduce our Job-like suffering. Although Juhan is a professional body worker at Esalen Institute, he does not describe the techniques used and readers will have to test his claims themselves. Recommended for comprehensive collections on human physiology. Michael D. Cramer, Virginia Polytechnic Inst. & State Univ. Lib., Blacksburg
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An important and pioneering book. -- Michael Murphy, pre-publication

As an author of self help books, registered nurse, and advocate for chronic pain issues, I am always looking for information to broaden my own knowledge base, but that's not the only reason I read books like Job's Body. I happen to be a chronic pain patient. The greatest pain generator for me is a condition we don't hear much about, but we should, myofascial pain syndrome. I am reviewing from a professional and patient perspective. Deane Juhan does a marvelous job explaining exactly what the skin, connective tissue, bone, muscles, nerve and myofascia are, and why we need them. He methodically and meticulously defines why it is important to know exactly what they do, how everything is connected and how neglect can lead to plasticity of the brain. Many have written on this, but few explain how neglecting the body's needs create plasticity affecting and rewiring the brains' perception and response. Seldom, if ever, do physicians get training on connective tissue even though it has the greatest effect on chronic pain conditions. Deane Juhan holds tight to same mantras I use in my own writing "self-awareness, self-control and active participation of the will to the process of growth and development are major themes to this education." Keep the fluid moving, it is the oil for the body, and the dump truck for the toxins we accumulate when we live a stagnant life. If you are a pain management professional, physical therapist, chiropractor, body worker, or a patient with chronic pain, you must read this book. You will have a better understanding of the myofascia, plasticity, and the feedback our brain receives from the body.

I've read countless books on body, mind, and spirit. Job's Body takes on the task of consolidating the complexities of all the dimensions of our consciousness, body, mind, spirit. Not just for body workers, an invaluable manual to discover, uncover, educate and arm ourselves with a bird's eye and microscopic view of us. Highly recommended. Will be reading it again and again, with notebook in hand. Sharing with friends and applying in my own life as well as my business.

Excellent book which imparts information to both the educated professional and layperson. Highly recommend this book to anyone associated with allopathic or preventative medicine and all massage/bodywork professionals.

One of the most profoundly useful books for those who wish to be partners with their own bodies. I found this enormously helpful in my process of healing from a completely torn hamstring, but it has informed my imagination and appreciation in many ways that go beyond those particular body parts.

Beautifully written.

Loooove this book! I went to a few of Deanne's lectures after reading his book. Great!!!! Reference book! Thoughtfully written.

This book have lots of info about our body chemistry which is great. BUT, the way its written and the choice of vocabulary makes it REALLY difficult to read. its to sad.

I bought this book when I was in massage school. I liked it better than the textbooks it's written more like a novel. I read this book way more than I read the textbooks.

Love going back to many decades ago and seeing that an holistic approach to the human body was being explored. Great book for anatomy study from an integrated approach. Excellent writing. Excellent thinking. Excellent book.

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