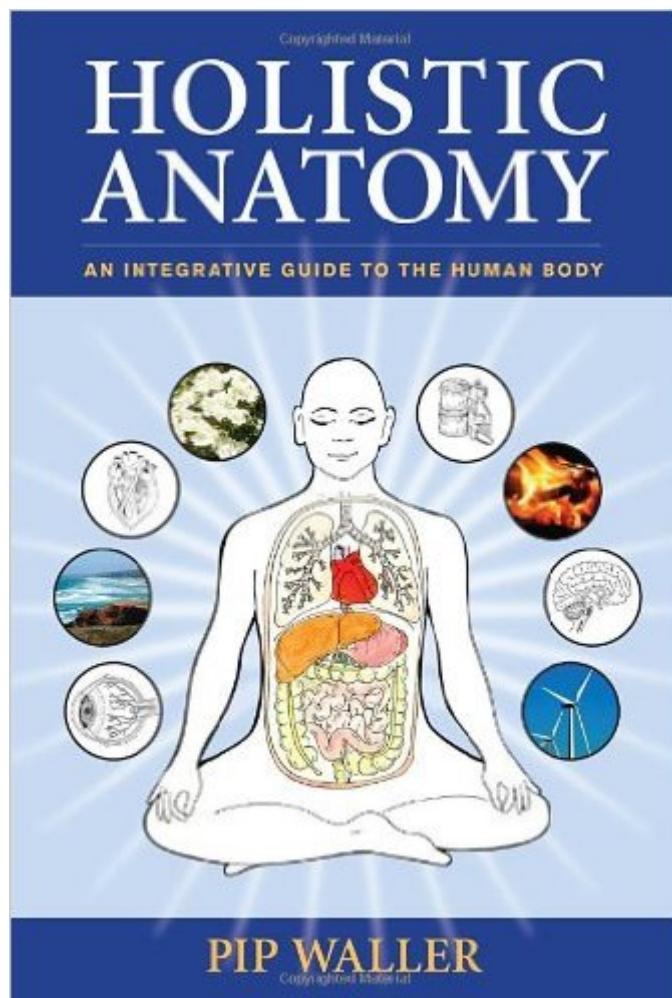


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# Holistic Anatomy: An Integrative Guide To The Human Body



## **Synopsis**

Complementary and alternative approaches to health and medicine have become increasingly widespread as the limits of conventional treatments become more apparent. Holistic Anatomy presents an authoritative study of anatomy, physiology, and pathology but expands the discussion by connecting the science of the body to a variety of alternative modalities to explore how human beings exist within and interact with their environment, and how they experience existence in emotional and spiritual terms. Basic scientific terminology and detailed descriptions are interwoven with informal, sometimes humorous observations, facts, and ideas about life. The mechanisms, structure, and functions of the body are explored, along with how they relate to spiritual and energetic paradigms, emotions, and ecological principles. The first half of the book covers basic anatomy and physiology, describing each major system of the body and how they interrelate. This part includes a thoughtful discussion of aging and the dying process. The second half focuses on models of health and disease, both traditional and holistic. Topics include western pathology, emotional health, five element medicine, and the spiritual cause for disease.

## **Book Information**

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## **Customer Reviews**

I am a registered nurse who specializes in CranioSacral Therapy. I was in great need to refresh my A&P knowledge and was looking for a book that had a holistic/alternative view of the body. This was the only book I could find through a Google search. At the time Holistic Anatomy was on the site but it had no copies(no place to click "add to cart"). So I bought my copy directly from Pip Waller. Thank

You again Pip! Fantastic modern approach to teaching anatomy and physiology. I am a more "right brain" leaner and this book has bridged synapses in my brain that in the past met a brick wall when it came to studying the human body and its parts. Bravo to Pip for creating an enjoyable and up to date global understanding of the body...(body, mind, spirit connection).

I've only read a few chapters but like how engaging this book is and how she brings a holistic approach to the human body, but also covers studying it in the same organization as regular A&P books do. She brings the scientific as well as the holistic into this. Great complement or stand alone A&P for anyone who wants to study A&P. I am an RN who wants to refresh my knowledge of the body through a more holistic approach and find this is the perfect book for me.

I bought this book to better my understanding of the human body , this book clearly explains how the parts of our body work together. It also gives some ideas for how to live better and longer. I recommend this book to anyone interested in personal health.

Was hoping for more of a life style overview of a holistic life style. This is much more detailed.....almost textbook style. Do love all the information. Just wish it was written a bit more for the 'average' person just looking for a good handbook.....rather than being a bit overwhelmed by the technical language and depth of information.

Finally a user-friendly anatomy book! I am no scientist and all the anatomy textbooks I've looked at over the years have been really offputting and intimidating. Pip Waller's book is clearly set out and presents Western anatomy/physiology in a conventional order whilst querying many of the scientific assumptions that have shaped the discipline. It's packed with juicy and provoking insights and is written in a very readable way with clear and well-labelled illustrations. Highly recommended for the lay reader!

I LOVE this book. As a holistic healer, it is the book I wish I had been made to read in nursing school. It would have made life easier finding my path to all I do now. I always saw life as interconnected and everything part of everything else. Pip puts this information about anatomy and physiology, human biology, into a magical read.

This book is fantastic; I have read it like a novel devoured from front to back. I love Pip Waller's style

of writing keeping it interesting and applicable all the way through. Her depth of knowledge on the human body, health and spirit clearly comes across - what a total pleasure. I am using it as a text for my students and I am sure many will learn and grow from reading this wonderful book. *Holistic Anatomy: An Integrative Guide to the Human Body*

I did not learn anything new from this book. It may be a good basic science introduction to someone just starting their holistic health research/ journey. For others, the book will lack depth. It brings up interesting holistic points in a sentence with little to no elaboration, like bullet point tidbits that leave you asking "why" and "tell me more." I constantly said "I've heard that, but I need to find other books/ sites for more detail on that." It's very general knowledge, with short chapters covering the body systems. I noticed this most in the Interrelationships chapter, which is disappointing since interrelationships is so intertwined with holistic medicine. I expected more depth in that chapter. I suggest skimming the book or using the look inside feature to see if it's worth the investment. I give it 2.5 stars; I didn't like it, but it may be OK for others.

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