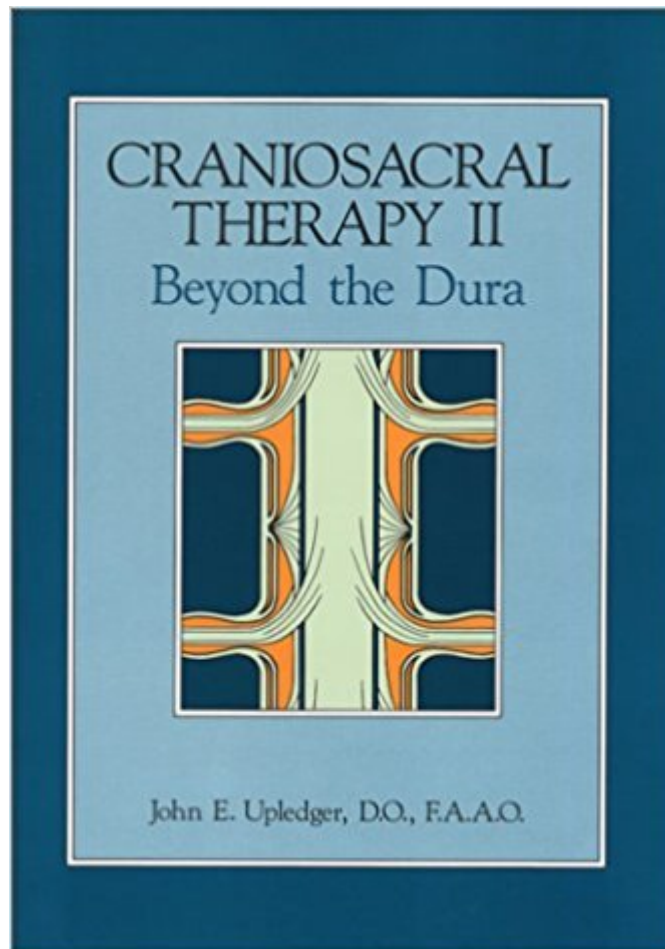




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# Craniosacral Therapy II: Beyond The Dura



## Synopsis

Craniosacral Therapy II: Beyond the Dura marks yet another step in understanding the craniosacral system and its significance in the clinic. Building on concepts set forth in his pioneering work *Craniosacral Therapy*, Dr. Upledger further explores the anatomical and physiological bases and clinical implications of several important aspects of the craniosacral system. The first chapter looks at the cranial nerves and how they can be effectively influenced by craniosacral therapy. In the second chapter, the author, through words and pictures, dissects the fascial anatomy of the neck from the perspective of the craniosacral system. Chapter 3 scrutinizes the temporomandibular joint and TMJ syndrome. The final chapter focuses on those concepts and discoveries which have unfolded in Dr. Upledger's clinical practice since the publication of his first book. Rounding out this volume is an extensive glossary of technical terms and concepts related to the theory and practice of craniosacral therapy.

## Book Information

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## Customer Reviews

This book is not so much a book on Craniosacral therapy technique as an indepth anatomy textbook. Upledger explores in great detail each of the cranial nerves, the structure of the neck (focusing much attention on the hyoid bone), and the TMJ. He uses medical terminology and an information-dense writing style. Fortunately, there are well labeled diagrams on nearly every page to correspond with the text and illustrate what is being discussed. I found several useful pieces of information to improve the use of Craniosacral therapy with my clients, but I had to search to find

these pieces. This is a book I will have to read over and over--not necessarily because I enjoyed the book, but because it has so much information it is difficult to absorb in one reading. I recommend the book if Craniosacral work is a significant part of your bodywork practice and you need more information for working in clinical situations. Be warned! It is not a book you can just keep on your shelf and pull out to quickly look something up in the middle of a therapy session. It is a book to be studied.

This book is full of good information for a therapist who uses CranioSacral Therapy, but it is very difficult to read. I tried reading a little every day, but I couldn't finish the book. It was too technical for me. I highly recommend the Upledger CranioSacral Therapy workshops, though.

If you are part of the health profession, I think craniosacral therapy must be an incredible exciting addition to whatever you do. Dr Upledger's book like his other books on the subject, most if not all available through, hits the core of this beautiful and non-invasive therapy. I found it hard to put it down. It would be wonderful to think we could produce similar results as Dr Upledger, but his genius and dedication is hard to copy. Luckily for the reader, his dedication flows over in his ability to write an exciting book that clearly illustrates every point he is trying to make. A brilliant book by a brilliant man.

There's no one better than UpLedger for Craniosacral. Detailed anatomy related to head & spine.

Every possible explanation of action to reaction and hands on education for this amazing work. My book arrived on time and in excellent condition.

To know you body and to know others and to understand how to help self and others, get to know and to feel the flow of you fluids. Hands on!!!

Great book. I will be using this for my second Craniosacral class. Anything written by Dr. Up ledger is first class and informative.

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