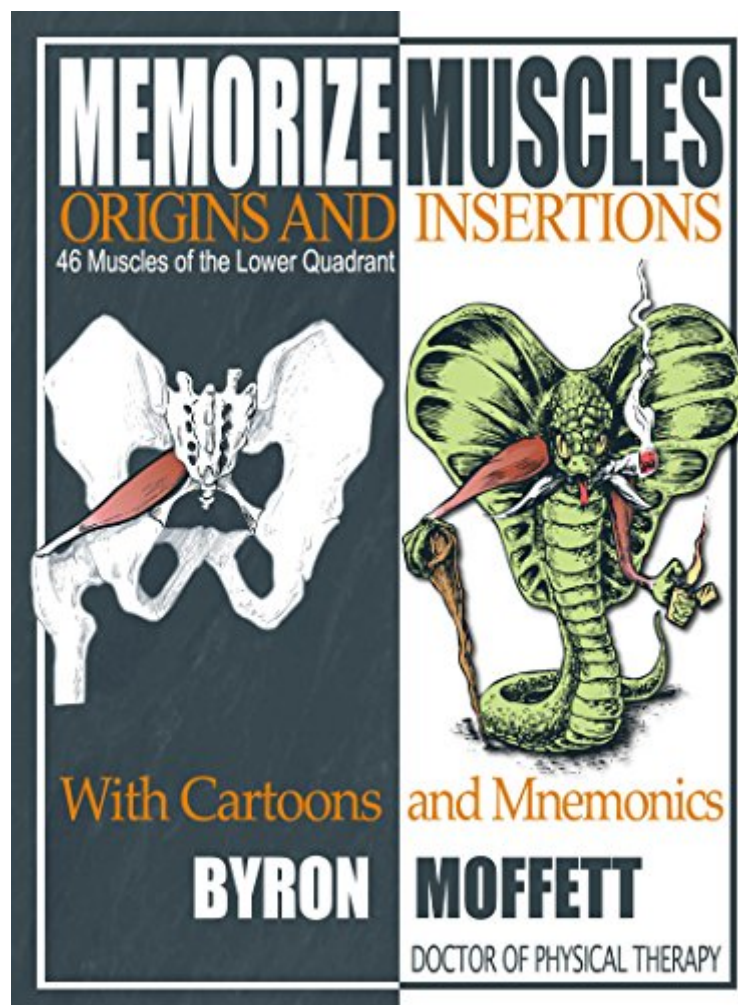


The book was found

# Memorize Muscles, Origins, And Insertions With Cartoons And Mnemonics: 46 Muscles Of The Lower Quadrant



## Synopsis

This book is for you if you are a healthcare student or professional who wants to memorize and recall the names, shapes, locations, origins, and insertions of muscles with speed and efficiency!"Memorize Muscles, Origins, and Insertions with Cartoons and Mnemonics" and my memorization method will give you the amazing ability to memorize and recall musculoskeletal anatomy in a way that no one has ever been able to do until now! This book presents my innovative method and my mnemonics for memorizing and recalling the basics of muscle anatomy for 46 lower quadrant muscles! If you are a visual learner and liked The Anatomy Coloring Book, then you'll love this book!

## Book Information

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## Customer Reviews

While this is certainly a \*ahem\* memorable guide, and the author clearly put a lot of work into it, I was unable to use it for studying my MBLEX as the illustrations and Pneumonics are mostly very Disturbing, Racist, Sexist, or just plain CREEPY. One involves a man tying up another man, putting a diaper on him, and putting rocks in his diaper. Another shows an elderly gentleman ogling a "minor" girl as she adjusts her bikini top. Hitler makes an appearance in several, women being tied up seems to also be a theme. I purchased both his guides and ended up deleting them from my

library as I was continually grossed out and confused by the weird, demented nature of the pictures and pneumonics.

I highly recommend this incredible time saver for all healthcare or fitness professionals who want to deepen their knowledge and understanding of the body. Whether you're a personal trainer, SoulCycle, Yoga, Barre or Jazzercise Instructor, you will benefit from this easy to digest one stop shop for muscle memorization. This hysterical, fun and informative book is jam packed with outstanding visual imagery to transform your studying into powerful memorization. This fantastic digital book was instantly downloaded to my iPad and phone for a quick reference anytime you are faced with a customer who wants to talk about plantar fasciitis or better understand their hip flexors. The more you know, the better education you can provide for your customers, helping them embrace a healthy lifestyle, no matter their age. Buy this and elevate your knowledge now!

Memorize Muscles, Origins, and Insertions with Cartoons and Mnemonics: 46 Muscles of the Lower Quadrant

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