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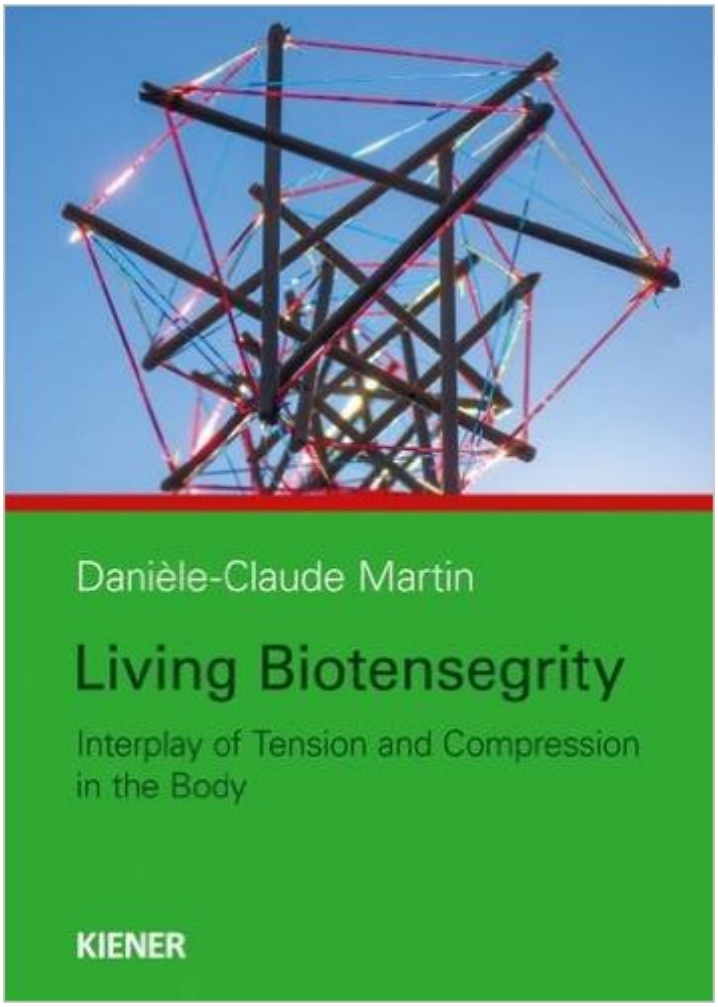

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Once you begin reading this book it becomes obvious the author is not only knowledgeable regarding the topic, an expert in fact, but she is also passionate about Biotensegrity as a model to help explain the architecture of all living organisms. There is not a dull page throughout. I cheer its clarity in tensegrity construction and its intelligence in its breadth of clarity. Try putting your child’s tablet away and shutting down your computer for half an hour of fun having a wonderful time working with your kids building a basic tensegrity and learning about science. This book should be read by everyone involved in bodywork, movement therapies, medicine, surgery, neuromuscular therapy and clinical anatomy. Now I’m off to play with my two young girls and build tensegrity models.

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