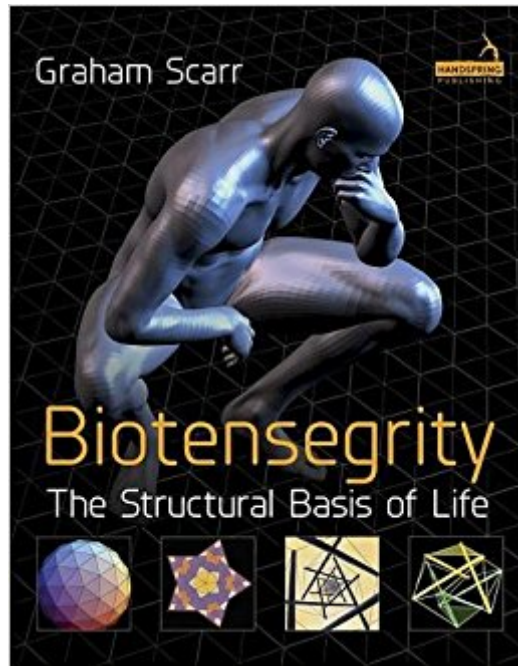


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# Biotensegrity: The Structural Basis Of Life



## Synopsis

This book brings all aspects of tensegrity/biotensegrity together for the first time, from its discovery, the basic geometry, significance and anatomy to its assimilation into current biomechanical theory.

## Book Information

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## Customer Reviews

Graham Scarr is a chartered biologist and osteopath with a particular interest in structural mechanics. Fascinated by the numerous examples of geometric patterns and shapes in nature, he has been researching their significance over many years. As a graduate in microbiology, and after spending several years developing his skills in a bacteriological research lab, he is now part of a specific interest group looking at the significance of the biotensegrity concept to biomechanics and clinical practice, and at the forefront of current thinking about this subject. Working closely with Stephen Levin, an orthopaedic surgeon who first recognized the importance of biotensegrity to living organisms, he has developed new models that progress our understanding of the structure-function relationship in biology. Graham Scarr is currently a Fellow of the Linnean Society and Member of the Society of Biology; he has published several papers on this subject in peer-reviewed scientific journals.

As an educator both for college and professional education workshops (in the fitness industry) I love the simplicity with which Mr. Scarr lays out the structural foundation of the human body. I've read Ingber, Myers and Schleip and this book is a great compendium of all of that information in a way

that is easy to understand and, more importantly, leads to practical solutions for fitness professionals and bodyworkers. If you make a living helping people to move better then you must add Biotensegrity to your library.

This book offers an excellent overview of Tensegrity as it applies to biological systems. It is very easy to digest, and has clarified some questions on the history of this subject, as well as gifted me with new insights as to how to apply the model to Manual Therapy.

Definitely an interesting concept; covers full spectrum of the subject. Somewhat repetitive at times, and some parts are very esoteric and abstract--so challenging to follow. Overall, a worthwhile read for someone who is open to a 'new', and probably accurate way of interpreting human biomechanics.

Very interesting theory and well written. As somebody who studies movement and structure it was interesting. I would have like a little more application of the information into manual therapy or exercise application, but still a good book.

This is the first book that provides a comprehensive view of Biotensegrity. Highly recommended.

Great book. This is a great introduction to the concept of biotensegrity.

Exceeded expectations

I have been following the scientific theory of biotensegrity for several years now and I am co-founder of the first BIG (Biotensegrity Interest Group) in the US. Graham Scarr's is the first book ever on Dr. Stephen M. Levin's theory of tensegrity in biology -- "biotensegrity," and Dr. Levin wrote the forward, endorsing Scarr's work as an accurate presentation of his theory, which was first conceived by Levin in 1975, after a multi-year search for the architectural principles of biomechanics. Essential for anyone who is looking for an accurate foundation in this emerging field of science, Scarr takes us through the fundamentals step-by-step, making a complex theory accessible without diluting it, and illuminating biotensegrity theory as that of the structure of the hierarchical, evolutionary and developmental continuum of biologic life, and not merely metaphor. Endoskeletal tensegrity icosahedrons, the foundational seed structure of the biotensegrity model, have properties and

behaviors that we are quite unused to, outside of nature, and the structural model was not available to us until Kenneth Snelson realized it in the middle of the last century. Because of this, structural biology has traditionally been built on machine models, an unexamined fundamental assumption which results in who-knows-how-many inaccurate and unrealistic conclusions, many of them medical. An example of this would be the billions of dollars spent annually in the US alone on spinal fusions, which are rationalized on the assumption that we are more stable when we our moving parts are \_less\_ mobile and flexible, like a building or a machine. Think of it: if that were true, as we age and stiffen and become less flexible we would become more stable and fall less--not exactly the case. Do you see the problem here? I look forward to the day when this theory becomes understood on a more widespread basis, because all medical procedures which are founded on a machine model of the body (as opposed to the biotensegrity model) will have to be reviewed and, I expect, will be improved accordingly. Scarr's book is concise and very well illustrated, with many models built by the author. You really have to build these things yourself, or at least get one in your hands to understand the almost shocking properties of tensegrity structures. But this book will give you context for that experience. For further reading also see <http://www.biotensegrity.com> which is Dr. Levin's website, or the DCBIG.org site.

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