

Preface: 30th Anniversary Contents

Preface	13
Chapter 1: Location	19
Chapter 2: Function	29
Chapter 3: Influence	33
Chapter 4: Fear Response	41
Chapter 5: Childhood Conditioning	53
Chapter 6: Releasing The Psoas	59
Chapter 7: Reproductive Health	71
Chapter 8: Application	77
Chapter 9: Approaches	81
References	92
Bibliography	93