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[Tom Myers - Author of Anatomy Trains](#)

Thomas Myers is the cartographer of Anatomy Trains (Elsevier, 2001, 2009, 2014), the co-author of Fascial Release for Structural Balance (North Atlantic, 2010, 2017), and the author of numerous chapters and journal articles that have been collected in the books Body3, The Anatomist's Corner, Structural Integration: Collected Articles, and BodyReading: Visual Assessment and The Anatomy Trains.

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By Tom Myers, soft tissue practitioner Some readers may be familiar with the Anatomy Trains Myofascial Meridians idea. Briefly, all our muscles have been