



Muscles and Molecules: Uncovering the Principles of Biological Motion

Gerald H Pollack

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An award-winning book that topples the widely accepted edifice of understanding on how muscles contract, replacing it with a simpler construct that better fits the evidence. This is a beautifully produced, single-authored text by one of our more thoughtful, if unconventional, authorities on the mechanism of muscular contraction. Clearly and elegantly written, and with a charm and grace not often seen in modern scientific writing.



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