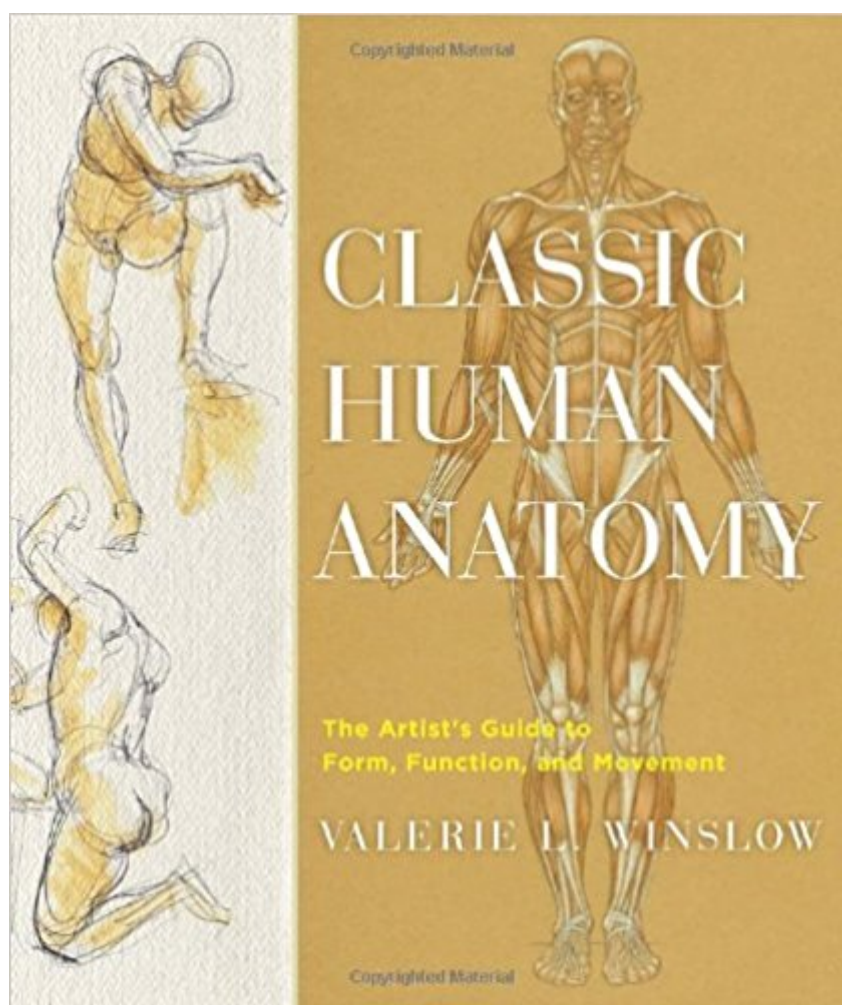


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# Classic Human Anatomy: The Artist's Guide To Form, Function, And Movement



## Synopsis

After more than thirty years of research and teaching, artist Valerie Winslow has compiled her unique methods of drawing human anatomy into one groundbreaking volume: *Classic Human Anatomy*. This long-awaited book provides simple, insightful approaches to the complex subject of human anatomy, using drawings, diagrams, and reader-friendly text. Three major sections— the skeletal form, the muscular form and action of the muscles, and movement— break the material down into easy-to-understand pieces. More than 800 distinctive illustrations detail the movement and actions of the bones and muscles, and unique charts reveal the origins and insertions of the muscles. Packed with an extraordinary wealth of information, *Classic Human Anatomy* is sure to become a new classic of art instruction.

## Book Information

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## Customer Reviews

"This meticulously researched volume combines modern anatomical science with the classical theories of figurative proportion, rhythm, and grace present an illustrated overview of the history of artistic anatomy. Included are an introduction to anatomical terms, entries on all major muscle groups and their roles in movements, detailed renderings, and a selections of finished art studies. A significant contribution to the literature of art reference."--Library Journal

Valerie L. Winslow has been painting and drawing the human figure professionally for nearly four decades and is an expert in the field of figurative art. She is the author and artist of *Classic*

Human Anatomy, hailed by Library Journal as a “significant contribution to the literature of art reference.” Since 1979 Winslow has taught at well-known institutions including the Art Center College of Design in Pasadena, the California Institute of the Arts (CalArts), and Pixar Animation Studios. Winslow is currently a full-time faculty member and the anatomy coordinator at San Francisco’s Academy of Art University. Many of her works are in private collections, and she has won numerous museum awards. She lives in Santa Rosa, California. For more information on the artist and to view a portfolio of her work, visit [valerielwinslow.com](http://valerielwinslow.com).

Arguably, one of the most common obstacles an artist faces when attempting to record the world around them is the fact that it is constantly moving. More often than not, the subject will defy the artist’s wants and succumb to change instead. I found this guide particularly helpful for that problem as it not only illustrates how something looks, but why it looks the way it does. The human body is presented in such a way that it is not only a shape to be copied down onto a piece of paper, but an intricate mechanism that can be understood and predicted--regardless of all the ways it may move and change. It offers an amazing amount of anatomical knowledge and suggests the infinite ways such knowledge can be used expressively, blurring the line that is often drawn between art and science. Obviously, I am very pleased with my purchase. I would recommend it to anyone looking to better understand the human form and the way it interacts with its ever-fluctuating environment, and I would especially recommend it to artists looking to turn that knowledge into something beautiful.

I saw this in a NY Times book review and gave it to a friend for a his birthday. I did look through it before wrapping it. To me it looked like a true masterpiece, but what would a real artist would think? My friend is an artist and professional medical/forensic illustrator with over 25 years experience. When he first opened the gift, he paged through the book and said it looked good. One week later he called me to thank me again, and said he had been going through it almost every night and found it to be a goldmine of really important information, presented in a way that artists could really use and appreciate. I felt that this was a strong endorsement from someone with a really critical eye.

Excellent book for any medium of artistic achievement. The Human Anatomy is a beautiful structure for any artist to master. This book goes in-depth with allowing you to build you’re conscious awareness about drawing, painting, sculpture etc.

I needed to study human anatomy for class next semester and even though I have several

anatomical books similar to this one they seem to lack in depth knowledge which I was after as a visual artist and this book did just that.

I have been lucky enough to have her as my artistic anatomy instructor and have been thoroughly enjoying her teaching methods and incredible insight on the subject. She told us we should get an anatomy book to help reference parts when we work on drawing them at home, I saw she had this book and wanted it instantly. I am an animator and seeing how she logically presents anatomical movement has been a priceless reference. She fantastically marks out and shows how bones and muscles shift in each pose that they can reach to further convey understanding of what is happening underneath the form.

I have plenty of anatomy books but this one is what helped me the most. Not only does this book have all the names of the bones and muscles that show on the surface, but it also clearly explains how the muscles are attached to the bones, from the origin to the insertion. It also talks about how each muscle part moves which I think is very important. The information in this book are very helpful for artists who want to create detailed dynamic figure drawings, sculptures, animation, digital or 3d art.

would of got this book just for the art work alone, valerie winslows charcoal work is amazing, very fresh. she covers every thing you need to now about the human anatomy. valerie teaches this stuff, so no better to learn from. a must for any figure artist.

The amount of thought, time, and dedication that SEEMS to have gone into putting this book together is ridiculous. I'm probably going to end up referring to this book for years to come for practice and mastery of the human figure... The physical weight of the book, alone, tells you how deep and comprehensive this book is. Everything is VERY well organized. The illustrations are VERY well done. And it seems to have just the right amount of explanation and illustrations. You'll be able to learn every important bone and muscle through very detailed illustrations. And not just the forms... The book also illustrates the movement, expansion, and contraction of the major muscle groups in the body. And the end of the book even goes into teaching you how to simplify the form to create illustrations of your own.

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