



# Anatomy for Sculptors, Understanding the Human Figure

*Uldis Zarins with Sandis Kondrats*

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226 page most easy-to-use human anatomy guide for artists, explaining the human body in a simple manner. The book contains keys to figuring out construction in a direct, easy-to-follow, and highly visual manner. Art students, 3D sculptors and illustrators alike will find this manual a practical foundation upon which to build their knowledge of anatomy - an essential background for anyone wishing to draw or sculpt easily and with confidence! In this book you will find the most the important muscles, functions and actions of the human body. Over 500 drawings illustrate the range from simple anatomy studies to more complex tutorials. More than 250 photos have been drawn over, revealing the muscles.

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