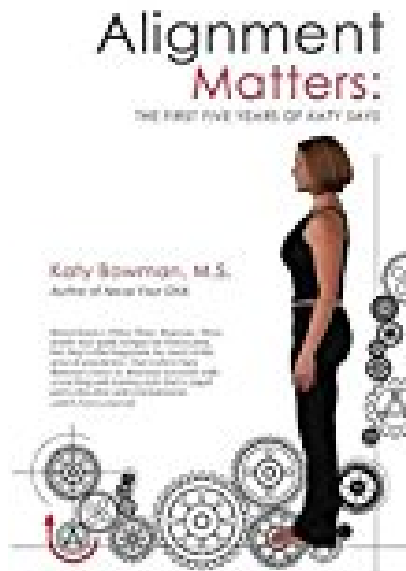


# Alignment Matters The First Five Years of Katy Says

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## BOOK DETAILS

- Author : Katy Bowman
- Pages : 465 Pages
- Publisher : Propriometrics Press
- Language : English
- ISBN : 1943370087

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## **BOOK SYNOPSIS**

Katy Bowmans ideas in Move Your DNA (2014), which explores the difference between exercise and movement, caused health and wellness circles to sit (or stand) up and take notice. Since mainstream media caught wind, Bowmans furniture-free home, movement-based lifestyle, and scientific explanations of why we need to move have become staples in national health publications and online media around the world. But before Bowman became well known, she had been writing down her ideas on movement and alignment in a blog called Katy Says. Alignment Matters contains the first five years of her posts, organized to function as a primer to alignment and better movement, and also to Bowmans more complex books. Starting with the feet and working all the way up to the head, her clear, engaging text lays out a "users manual" for the human body, including stretches, habit modifications, spiritual insights, and enough belly laughs to soften even the tightest psoas. Couch potatoes, professional athletes, and everyone in between all have something to learn about their bodies. With Alignment Matters, they will be well on their way to understanding the human machine.

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