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Through her blog, "Katy Says," biomechanist Katy Bowman has been educating hundreds of thousands of people about optimal alignment and natural movement since 2007. Alignment Matters contains the first five years of her short essays — organized, edited, and indexed for easier learning.

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But before Bowman became well known, she wrote 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 Bowman's more complex books.

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Alignment Matters is the first five years of Katy Bowman's blog, edited, organized, indexed, and downloadable for easier reading and learning. Starting with the feet and working all the way up to the head, Katy's clear, engaging text lays out a "user's manual" for the human body, including stretches, habit modifications, human insights, and enough belly laughs to soften even the tightest psaos.

~~Alignment Matters: The First Five Years of Katy Says—PAPERBACK~~

Katy Bowman, M.S. Alignment Matters: the First Five Years of Katy Says Propriometrics Press, 2013 447 pp., \$21.95 978-0-9896539-0-9Disclaimer: I am a certified Restorative Exercise Specialist™ and hence, am biased to love this book. (I received this copy for free as a review copy.) So I will do ...

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Alignment Matters contains some blog posts that are still online, but many others that aren't, and it's great to have them organized by theme and highlight-able. The book does preserve the chatty nature of the blog and none of the content is edited out, but I love this because, as knowledgeable as she is, Katy always lets you know she's working all this into a life with kids and work, like most of us.

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