

Alignment Matters:

THE FIRST FIVE YEARS OF LIFTING

Katy Bowman, M.D.

Author of *Every Body Has Secrets*
New York Times Bestseller

Katy Bowman is a doctor and physical therapist who has been lifting heavy things since she was a child. She is a former competitive weightlifter and a professional triathlete. She is also a mother of three children. She is a doctor and a physical therapist. She is a former competitive weightlifter and a professional triathlete. She is also a mother of three children.



Alignment Matters The First Five Years Of Katy Says Bowman

Yi-Tong Ma



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Alignment Matters Katy Bowman, 2013 Troubleshoot your human machine and resolve the deeper alignment issues affecting your health 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 in an easy to follow format Starting with the feet and working all the way up to the head Bowman s clear engaging text lays out a user s 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 **Roll**

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