



Alignment Matters: The First Five Years of Katy Says

Katy Bowman

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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.

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