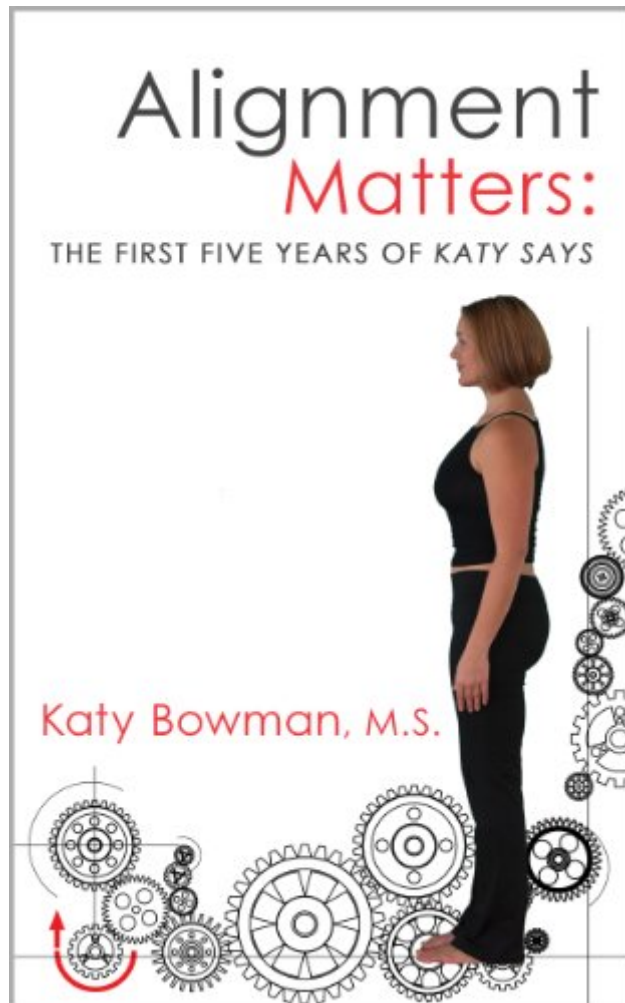




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Alignment Matters: The First Five Years Of Katy Says



Synopsis

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.

Book Information

File Size: 7717 KB

Print Length: 465 pages

Simultaneous Device Usage: Unlimited

Publisher: Propriometrics Press (October 8, 2013)

Publication Date: October 8, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00FQVVDR0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #89,309 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Musculoskeletal Diseases #37 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting >

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Customer Reviews

I bought this book as soon as it was offered by the author. Katy Bowman has popularized important biomechanics and body alignment information in a lighthearted, fun, breezy style. I'm a fan because

Katy's insights have helped my personal physical fitness. That being said, "Alignment Matters" is an amateurish compendium of blog posts, NOT a reference book on correct alignment and how to achieve it.¹ Unlike most books about anatomy, "Alignment Matters" does not contain any anatomically-accurate diagrams of the muscles and bones referred to in the text. The diagrams are clumsily drawn using word-processing shapes by Katy, who apologizes for inaccuracy in her schematics. A reader who doesn't already know the names of muscles and bones will have to refer to a separate anatomical source for explanation. Do you know where your piriformis muscle is located?² The entire book consists of unedited blog posts, loaded with chatter and irrelevancies, which have been re-arranged into chapters by topic. No fresh material was written to organize or summarize the essence of each subject. The blog posts wander from point to point, frequently repetitive but not focused. About 2/3 of the book should have been cut. Over and over, Katy says, "I'm too busy to write more on this blog right now." Yes, she's a busy mom, therapist, writer, etc. but shouldn't a reference book cut out that stuff and fill in what she wanted to say but didn't have time the day she hurriedly wrote the blog?³ The blog posts specifically omit relevant information and often refer to DVDs (sold on Katy's web site) that contain descriptions of exercises. If I had a dime for every time Katy writes, "The exercises are on the DVD" it would pay for the entire book!

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