

THE
ALIGN
METHOD
AARON ALEXANDER
READ BY THE AUTHOR

"A powerful guide to leverage movement as a potent tool for health."

—DAVID PERLMUTTER, MD,
#1 New York Times bestselling author of
Grain Brain and *Brain Wash*

Good posture is about more than standing up straight: It can change your mood, alleviate pain, rid your body of stressful tension, and even help you get that raise you've wanted or attract your ideal mate. Celebrity movement coach and manual therapist Aaron Alexander takes a revolutionary approach to body alignment that is designed to improve posture, build strength, reduce pain, and put you on a direct path to peak performance that is both fun and accessible.

THE ALIGN METHOD centers on five principles of movement that can be easily integrated into any workout, mindfulness practice, or daily life activity:

- Floor Sitting
- Hanging
- Hip Hinging
- Walking
- Nose Breathing

Effective movement goes beyond sweating in a gym or stretching in a yoga studio, and Alexander provides the fundamental principles to align your body in any situation. Blending Eastern philosophy with Western mechanics, THE ALIGN METHOD brilliantly outlines the steps you need to take to control your body language, leverage the power of your senses, and discover new vitality, flexibility, and confidence. This is the quintessential manual to feeling better than you ever thought possible, and looking great naked while you're at it!

AARON ALEXANDER CR, LMT is a pioneering manual therapist and movement coach with over sixteen years of professional experience whose clients range from A-list Hollywood celebrities to professional athletes and everyone in between. Over the last five years, Aaron has interviewed more than three hundred of the world's preeminent thought leaders on physical and psychological well-being on the top-rated Align Podcast, bringing together a variety of diverse perspectives on physical inhabitation. When he's not writing or speaking, Aaron can typically be found somewhere in the Pacific Ocean or on Original Muscle Beach in Santa Monica, California.

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THE
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5 Movement Principles
for a Stronger Body, Sharper Mind,
and Stress-Proof Life

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