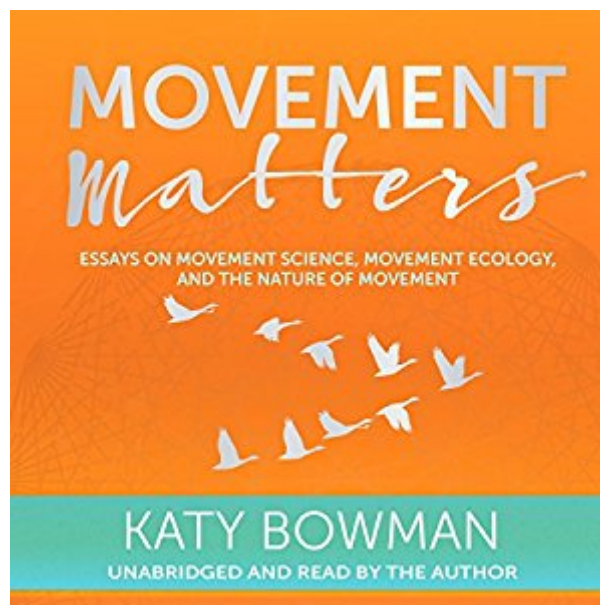




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# Movement Matters: Essays On Movement Science, Movement Ecology, And The Nature Of Movement



## Synopsis

What if we can make ourselves, our communities, and our planet healthier all at the same time by moving our bodies more? *Movement Matters* is a collection of essays in which biomechanist Katy Bowman continues her groundbreaking investigation of the mechanics of our sedentary culture and the profound potential of human movement. Here she widens her message and invites us to consider our personal relationship with sedentarism, privilege, and nature. Bowman explores: How convenience often means less movement, not more time The missing movement nutrients in our food How to include more nature in education The impact of adding movement to permaculture and ecological models Our need for vitamin community and group movement Unapologetically direct, often hilarious, and always compassionate, *Movement Matters* demonstrates that human movement is powerful and important, and that living a movement-filled life is perhaps the most joyful and efficient way to transform your body, community, and world.

## Book Information

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## Customer Reviews

A truly interesting. A thought provoking look at the ways movement or lack of movement in our lives impacts our bodies, our culture and even something we see as beyond influence: our science. A must read for every human.

Another great book by Katie Bowman.

Bought for my husband who is passionate about this subject and didn't know this author. He is only

a few chapters in so I may post an update. So far he is very happy with the book.

Exceptional

Great book!

really good

This book really makes you think about how choosing to not move or "outsourcing" our movement negatively impacts the world. This is not like her other books. However like her other books, she offers practical advice on making better choices that ultimately will improve our health and the health of our planet. We all must do our part to preserve what we can and I appreciate a voice like Katy's that is helpful and enlightening. Thank you Katy for producing a timely and necessary book and reminding everyone that a step (no matter how small) in the right direction is still in the right direction and that movement matters!

This book was recommended to me and I enjoyed it very much. Katy Bowman is good at explaining things. Now am putting that movement into practice.

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