

A large, stylized human figure composed of numerous small, colorful dots. The figure is standing with its arms outstretched to the sides. The colors used for the dots include shades of brown, tan, yellow, and light blue. The figure is centered on the page, and the text is overlaid on its upper body.

**Understanding  
Your Body  
Alignment  
Health & Longevity**

**HARRISON HATHAWAY**

# Understanding Your Body Alignment

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