

# Table of Contents

<i>Introduction</i>	7
<i>About The Author</i>	9
<i>About Your Tight Shoulders</i>	11
<i>Shoulder Anatomy 101</i>	13
<i>Shoulder Muscles</i>	16
<i>Shoulder Joint</i>	18
<i>Before You Begin—How to Use This Book</i>	19
<i>Breathing and Your Shoulders</i>	21
<i>Exercises</i>	25
<i>Additional Ideas of Interest</i>	77
<i>Publications of Interest</i>	83
<i>Exercise Journal</i>	92