An open book decomposition of a 3-manifold $Y$ is essentially a choice of fibered link embedded in $Y$. For a fibered knot (i.e. a one-component link), the monodromy of the fibration on the complement gives rise to a rational number called the fractional Dehn twist coefficient. This number measures the twisting of the monodromy around the boundary of the fiber surface. I will describe how the Heegaard Floer homology of a 3-manifold $Y$ provides bounds for the fractional Dehn twist coefficient of any open book decomposition of $Y$ with connected binding. This is joint work with Matthew Hedden. (Received September 23, 2012)