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## How to Sit Your Body at Work: A Guide to Sitting at Your Workstation Based on the Alexander Technique

By Ann Rodiger

Dog Ear Publishing, United States, 2010. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.It is not necessary to experience pain while sitting at your office workstation. Office injuries, including pains and strains caused by cumulative stresses, pose a serious threat to your overall health and to the quality of your work. Use this book to break free from harmful habits and improve your ergonomic setup, including the most important factor in the ergonomics equation: YOU! If you: Use a computer Write at a desk Talk on the phone This book will increase your productivity and efficiency at work, improve safety and breathing and help to reduce: Injury Stress Wrist pain Back pain Neck pain Eye strain Headaches The Alexander Technique Through studying the Alexander Technique, you will learn a process of awareness in action that can be applied to any situation or activity. You will learn to think consciously about what you are doing and how to respond to activities in your workplace with ease and spontaneity. Through building an awareness of your core movement patterns and how to fundamentally change them for the better, you will experience improvements...



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