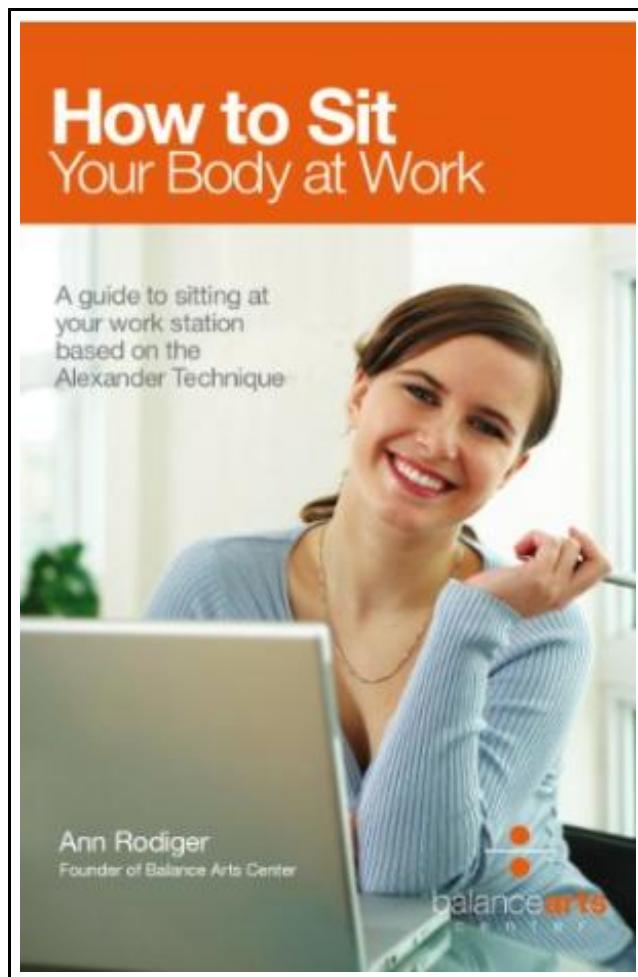


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Dog Ear Publishing, United States, 2010. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.It is not necessary to experience pain while sitting at your office workstation. Office injuries, 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 in your physical and mental health and well-being. Ann Rodiger is the founder and director of the Balance Arts Center in New York City. She has been teaching the Alexander Technique for 30 years. She is also a specialist in movement education and analysis, dance, and Labanotation. She has Alexander Technique practices in New York City and Berlin, Germany. She has been on the faculty of several major universities in the United States.



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