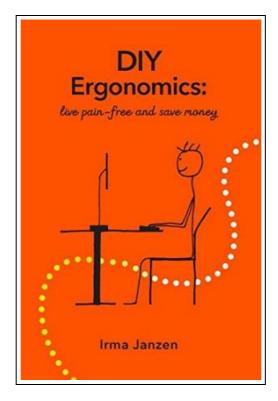
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Reviews

Very beneficial to all category of folks. We have study and that i am sure that i will planning to go through yet again again in the future. Its been printed in an extremely straightforward way in fact it is just soon after i finished reading this pdf where actually changed me, alter the way i really believe.

(Emmett Mann)

DIY ERGONOMICS: LIVE PAIN-FREE AND SAVE MONEY (PAPERBACK)



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Irma Janzen, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Many people complain of aches and pains and either spend large amounts of money seeking help, or simply resign themselves to the fact that they will have to live with pain. The book, DIY Ergonomics: Live Pain-Free and Save Money seeks to help people of all ages, at work or at play, in the office or at home to understand posture and the consequences of awkward positioning. The author, an experienced occupational therapist specialized in ergonomics, believes that pain and discomfort due to working at the computer, laptop, tablet and phone can be prevented with just a little bit of know-how. With helpful charts that guide the reader to understand why discomfort and pain are experienced and that provide ergonomic solutions for all budgets, this book is an obvious choice for people who want to live pain-free and save money.

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