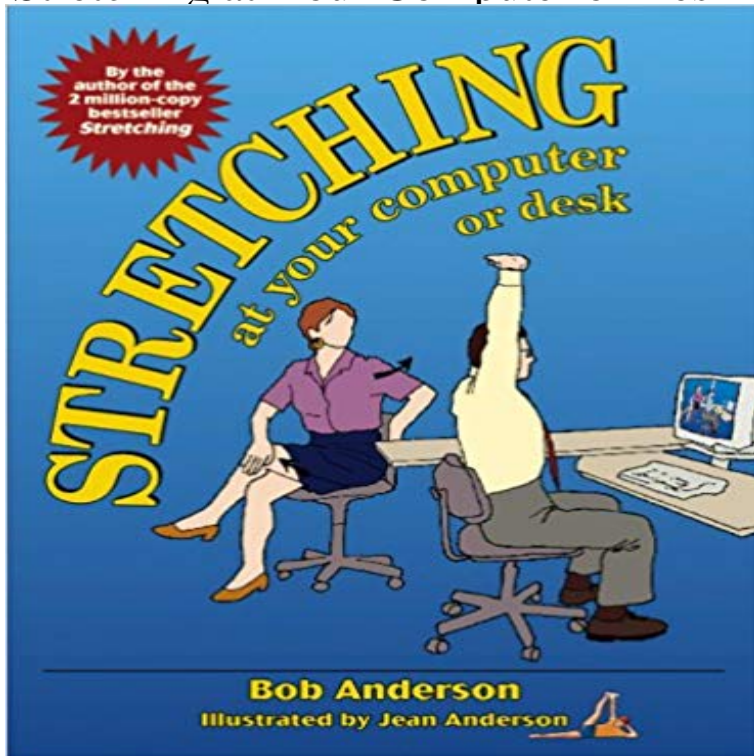


Stretching at Your Computer or Desk



From the author of the million-copy bestseller *Stretching* come quick and easy stretching routines for the workplace to help combat the aches and pains of sitting at a desk or keyboard. Also included are tips for ergonomics and proper posture at the workstation. Line drawings. 96 pp. 50,000 print.

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desk for hours on end, doing some simple stretches, making ergonomic adjustments to your work

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