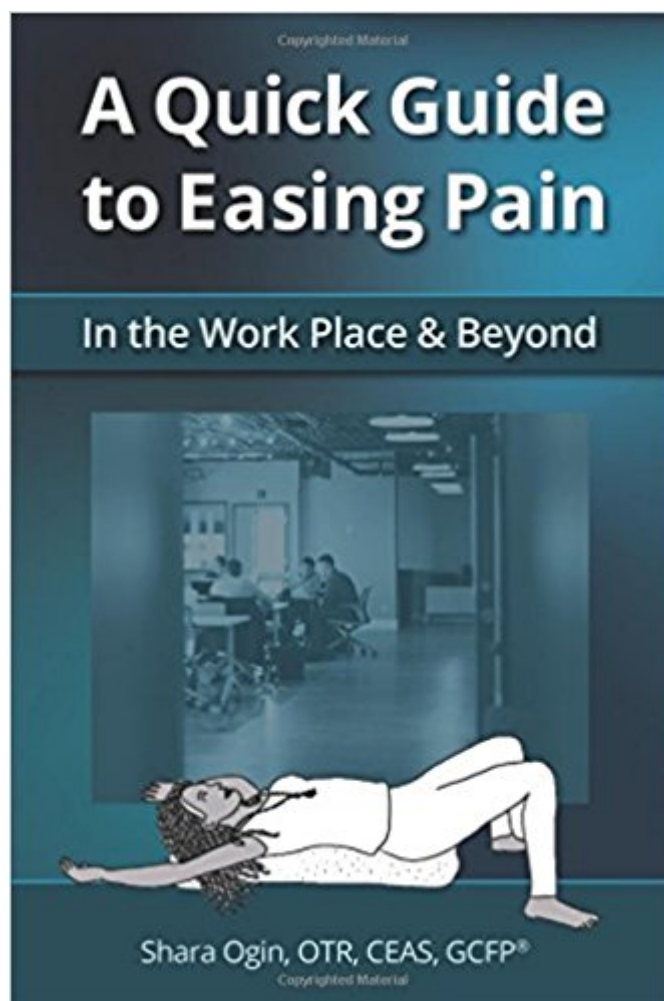


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# A Quick Guide To Easing Pain: In The Work Place And Beyond



## Synopsis

This book is an excellent resource for anyone who uses a computer. The book shows the reader in clear, easy-to-follow instructions how to set up a workstation properly as well as how to prevent and manage the pain and discomfort that can result from working at a computer. Whether your pain is acute or chronic, this book offers quick-tip solutions to get you back on your feet again, feeling well and vibrant. This book has an emphasis on somatics and the body. In addition to the exercises in the book, there are six Feldenkrais lessons in an accompanying CD-titled "Feldenkrais Lessons For Easing Pain," sold separately. These lessons, each with a specific focus, will help teach your body how to "let go" of areas of tension and tightness and how to use your body more efficiently and freely. The lessons in this book will assist you in reclaiming more comfort and confidence in the workplace (and beyond). About the Author Shara Ogin has been an occupational therapist since 1994, a Feldenkrais practitioner since 2002, and an ergonomist since 2006. She is also a life coach and was formerly a fitness instructor. As a health advocate and a specialist in overuse injuries, she takes a holistic view to get to the root of a person's pain. She is the author of three Feldenkrais DVDs and one fitness video. She is at work on a second book about the metaphysical and behavioral components of pain.

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## Customer Reviews

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person's pain. She is the author of three Feldenkrais DVDs and one fitness video. She is at work on a second book about the metaphysical and behavioral components of pain. --This text refers to an alternate Paperback edition.

A quick, pleasant, and very helpful read for anyone who spends several hours at a desk or laptop. It's amazing how we sit or carry ourselves can lead to energy or fatigue throughout the workday! Easy to implement sitting suggestions and stretches. User-friendly, even if the idea of ergonomics is new to you or you're someone who doesn't regularly do stretches or exercise. Would recommend for businesses for all sizes to provide to their employees.

Clear, simple, compassionate and helpful, this guide not only helps with severe pain to bring greater comfort, Shara's teaching brings us into more present awareness of our movement patterning in very useful ways. Strongly recommend

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