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The Office Effect Handbook: Easy Solutions for Work-Related Pain

Craig Zuckerman, Matt Williamson

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The Office Effect Handbook: Easy Solutions for Work-Related Pain

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The Office Effect Handbook: Easy Solutions for Work-Related Pain Craig Zuckerman, Matt Williamson RELIEVE YOUR PAIN, with The Office Effect Handbook! Now you can take control of your pain and poor posture. This revolutionary handbook describes body-changing, pain relieving exercises, shows you how to set up your workplace, and discover the source of your pain. Over ten years in research and development, this handbook puts you back in control. • Over 20 pain relieving, posture fixing exercises – all research proven. • Get positive effects in less then 10 minutes. • Easy to follow, full color pictures, give you ease and clarity like never before. • Our balanced exercises give you relief that's All Gain – No Pain. • You can even do them in the office! • Colorful photos and step-by-step explanations show you the ergonomic causes of your pain, and exactly what to do about it. • Over 30 different adjustments for your desk, chair, and workspace. • Multiple tips and inexpensive tools for creating great posture. *AS SEEN ON CBS'S, THE DOCTORS SHOW AND CBS/KCAL9 NEWS. For more info, check out our website: www.TheOfficeEffect.com

Please note, several exercises require the use of a red band (a length of flexible surgical rubber that provides even, adjustable resistance). Check out The Office Effect's Website Product Page for recommended bands. (www.TheOfficeEffect.com)

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