

USING A COMPUTER DOESN'T HAVE TO HURT

PAIN FREE AT YOUR PC



- Prevent or reverse repetitive stress injuries
- Cure carpal tunnel syndrome
- End chronic wrist, shoulder, and neck pain
- Ease eyestrain
- Avoid surgery, drugs, and wrist braces

BY THE AUTHORS OF *PAIN FREE*
PETE EGOSCUE
WITH ROGER GITTINES

Pain Free At Your Pc

Michal Rosen-Zvi

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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