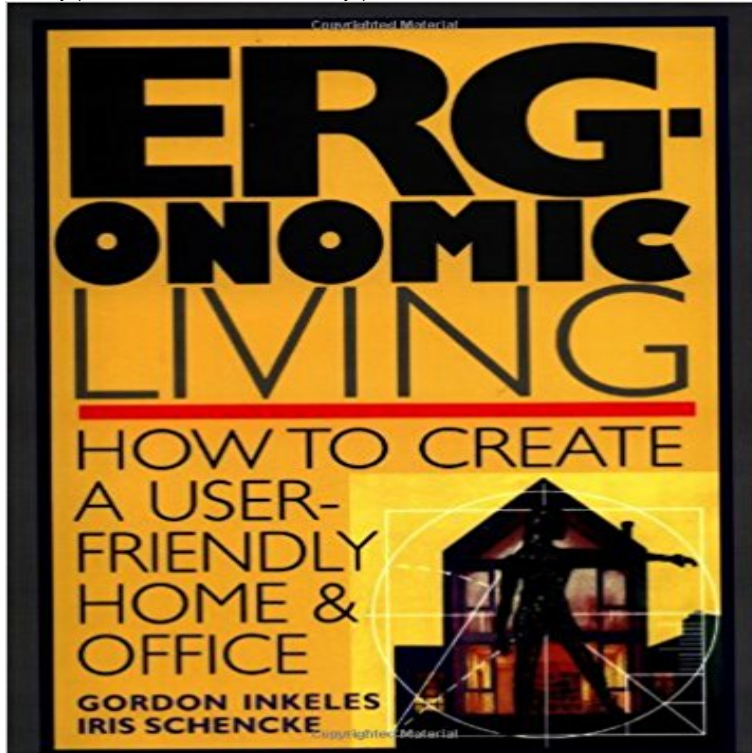


## Ergonomic Living : How to Create a User-Friendly Home & Office



er\*go\*nom\*ic (er-ga-na-mik) adj: designed to allow people and the things people use to interact in the safest, most effective, and most comfortable manner You work indoors. You're not on your feet all day and you do no heavy lifting. You have escaped from the brutal nature of most human labor. And yet at the end of the day you feel exhausted. You have vague aches and pains that you are embarrassed to mention to your doctor. If you do, the doctor gives you some equally vague advice: take it easy; don't push yourself; get more rest. If that doesn't work, maybe you're a whiner, a hypochondriac. Or maybe you're being attacked by your possessions. Perhaps you've been making do with a worn-out old mattress in the bedroom, an office chair that won't let you sit up straight, and a computer screen that you struggle to read with your bifocals. You bought a desk and a file cabinet whose colors complement each other perfectly, but you had no idea how downright irritating ordinary furniture can get if the only choice you bother with is matching style and color. Somewhere in this world is a reading light, chair, bed, perhaps even a keyboard and desk, built just for you. This book will show you how to find them. HOME How to Enter Your Home The Child-Friendly Home How to Prepare Food How to Relax How to Sleep OFFICE Territory The Inner Circle Ambience Storage The Personal Computer The Information-Age Habitat

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