Comfort at Your Computer: Body Awareness Training for Pain-Free Computer Use

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"[*Comfort at Your Computer*] is an excellent resource for anyone who uses a computer. True to its title, the book shows the reader in clear and easy to understand steps how to use a computer in comfort. Dr. Linden adroitly synthesizes knowledge from his physical education background...This is an excellent book for people at risk for computer stress and for the clinicians who treat them. It functions both as a resources book and as a self-help text. It should also be of interest to companies whose workers use computers."
-Physical Therapy, December 1996

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