# Computer Comfort: Balancing your tensions - A modern approach to computer use

*Martin Ray*



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**Computer Comfort: Balancing your tensions - A modern approach to computer use** Martin Ray
This book is about the Art of sensory and ergonomic education which can help you to make intelligent choices, bringing a fresh approach in dealing with or avoiding the trappings we all find ourselves in with the computer life. It addresses the hardships and problems that challenge us with some practical information on body mechanics and shows how to respond to critical moments of interaction. We offer solutions for you to become comfortable with your work. It's sensory and intellectually informative and some fun is there as well. Computer Comfort gives interesting ways to help you at home or at work. There is much advice on how to integrate into daily life the ideas for the training of attention, situational awareness and mobility. There are exercises for keeping the muscles tuned and active and on how to recognize and release tension patterns, while interacting with your computer and surroundings. You are shown the tools to work with in order to master the modern problem of computer ergonomics. We also have drawings and pictures that we hope will inspire you to take interest and transform an often dry subject into an art form, the art of sensory and ergonomic education, an art that applies to us all.

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