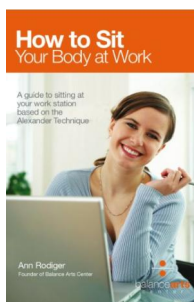


How to Sit Your Body at Work: A Guide to Sitting at Your Workstation Based on the Alexander Technique



Book Review

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