



# **(Surviving) Your Computer as Predator - Rough Cut / Preview Copy: Healing Injury and Pain Caused by Your Computer**

*Ian Chong CPE*

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An invisible entity exists, hiding inside your computer devices gnawing at your flesh causing insidious injuries, known as carpal tunnel syndrome, tendinitis or inflammation. This unseen being can destroy your health and ability to work, leaving you in unfathomable pain. From a lifetime of fixing computer related injuries and taking away worker's pain, the author, a Certified Professional Ergonomist has identified an unseen, untouchable, ethereal being hiding in your computer and computer devices causing this debilitating pain and injury. You are about to meet and identify it. Make no mistake the damage to your body is real. The pain is real. This entity, known as BYTR, bites at your flesh one micro-molecule at a time until enough damage is done, making your body scream. Debilitating pain, numbness and tingling are earmarks of this BYTR. All users of any computer device are susceptible through intensive use, repetitive motion, static postures and ignoring the pain. (Surviving) Your Computer as Predator shows you how to successfully avoid, heal and cure this pain and these injuries with knowledge, methods and specific computer input hardware and devices. Real life descriptions of how pain is generated by breakneck computer usage shows the root cause of all your discomfort. Real life solutions are also shown as well as proper applications. These solutions are gleaned from real situations of successfully addressing and reducing computer injuries. Read on to know this enemy and understand your defenses, to battle it and save your health, career, ability to work and means to support your family. It is a book written for anyone who has or knows someone suffering from of pain resulting from intensive computer usage. The methods, understanding, stories and solutions will help you save your health, career and help you support your family.



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