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The Seven Steps to Keyboarding for Success A Book for All Computer Users

Charlene H. Grafton

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Do you spend more than six hours a day on your computer? Have you suffered from hand, finger or wrist pain? Charlene H. Grafton, writer, entrepreneur and owner of the patented Dual Numerical Keyboard on Dominance™, has written an informative, must-have guidebook for anyone seeking an alternative to the standard keyboard and for setting up a productive and "pain-free" workstation. All of us have a dominant side (left or right), and that dominance applies to the way in which we use a keyboard. Grafton's book describes how to discover directionality between the hands, whether you are "mirror image" or "parallel image" with the use of the hands and fingers. By knowing what your dominance is, you can select the best input devices. Taking into account your handwriting, gesture recognition and ergonomics, Grafton's patented formula paves the way for technology leaders to develop products geared toward training both hands for the computer workstation, thus reducing the number of computer-related injuries. Her revolutionary concept will help you redesign your workspace to fit your specific needs through dexterity training, exercises and a detailed list of how-to's to eliminate stress and computer-related injuries. Charlene Grafton is a writer and health care consultant in Florida. She has written two books and is currently writing a memoir. Publisher's website: http://www.strategicpublishinggroup.com/title/TheSevenStepsToKeyboardingSuccess.html

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