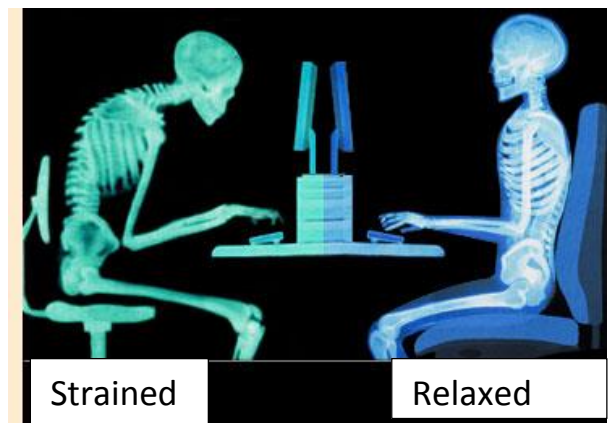


To be comfortable on a laptop you need to raise the screen up so the top is at eye level and use a separate external keyboard & mouse. This is the best way to keep your arms, shoulders and neck relaxed.



Think about keeping a relaxed wrist...

