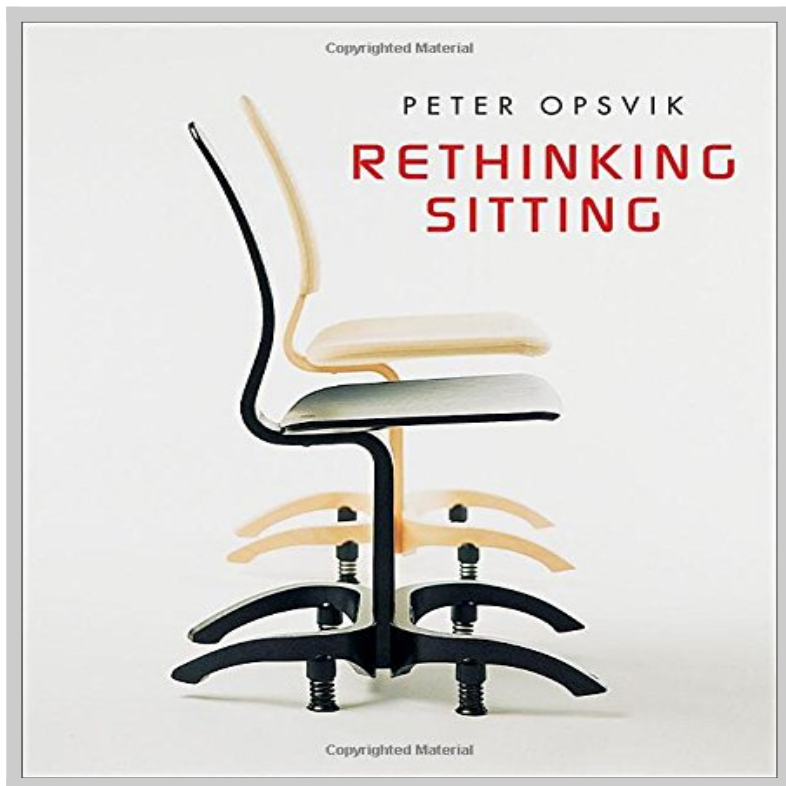


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## **Rethinking Sitting Peter Opsvik Book Preview**

**A Scandinavian furniture designer offers insight into his thinking about sitting and explains the philosophy that informs his pioneering chairs.**

For millions of years humans have led physically active lives. In recent centuries, however, industrialization has fostered passivity and the growing predominance of the sitting posture for more and more people.

Increasingly, chairs and furniture for sitting have become standard pieces of equipment in the workplace, institutions, and private homes. These sitting devices were designed according to the established standard of the chair, based on the accepted western manner of sitting.

In *Rethinking Sitting*, Scandinavian industrial designer Peter Opsvik addresses the issue of whether this is the only, and functionally best, design for the human body. When the various authorities on ergonomics promote their one and only "correct" sitting posture, he says all of them are right: Every recommended sitting posture is good. Opsvik sees it as his task to design chairs that allow as many different sitting postures as possible and make it easy to move and change frequently between positions.

In this beautifully illustrated reference Opsvik offers insight into his thinking on the subject of sitting and explains the philosophy that informs his furniture designs. *Rethinking Sitting* contains important information for everyone who is interested, for professional, educational, or personal reasons, in sitting solutions. 44 color, 46 black & white photographs