

## MacBreakZ 4.8 ergonomic adds Apple Help Book

Published on 04/29/08

MacBreakZ 4.8 adds Apple Help Book format documentation for mobile users. Previous versions relied exclusively on online documentation. MacBreakZ is a sophisticated Personal Ergonomic Assistant designed to promote healthy and productive computer use. It uses a sophisticated activity monitor to minimize disruptions by ensuring that the user's activity level justifies a stretch, rest or micro-break.

Luxembourg City, Luxembourg - MacBreakZ 4.8, adds Apple Help Book format documentation for mobile users. Previous versions relied exclusively on online documentation.

MacBreakZ is a sophisticated Personal Ergonomic Assistant designed to promote healthy and productive computer use. It uses a sophisticated activity monitor to minimize disruptions by ensuring that the user's activity level justifies a stretch, rest or micro-break.

### System Requirements:

- \* Mac OS X 10.4 or later
- \* Universal Binary
- \* 5 MB of hard disk space

### Pricing and Availability:

- \* Single User Licenses for MacBreakZ may be purchased for \$29.95 USD.
- \* Small Business, Family, Business and Enterprise licenses are also available.

### Website:

<http://www.publicspace.net/>

### MacBreakZ 4.8:

<http://www.publicspace.net/MacBreakZ/>

### Direct Download Link:

<http://www.publicspace.net/download/MacBreakZ4.dmg>

### Purchase Link:

<http://www.publicspace.net/MacBreakZ/Order.html>

### Screenshot:

[http://www.publicspace.net/images/mb4/mb4\\_0010.jpg](http://www.publicspace.net/images/mb4/mb4_0010.jpg)

### Screenshot:

<http://www.publicspace.net/images/mb4/MenuBarItemMenu.gif>

publicspace.net was founded by Frank Reiff in 1996 with the aim of producing affordable best-of-breed software for the Macintosh. In the past decade, our A Better Finder series of file utilities and our MacBreakZ personal ergonomic assistant have become familiar fixtures of the Macintosh community. publicspace.net is also active in the Windows software market.

###

Frank Reiff  
Owner/Founder

prMac: Publish Once, Broadcast the World :: <http://prmac.com>

[reiff@publicspace.net](mailto:reiff@publicspace.net)

\*\*\*\*\*

Link To Article: <https://prmac.com/release-id-1905.htm>

\*\*\*\*\*