# MacBreakZ 4.6 ergonomic assistant can now be temporarily disabled

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MacBreakZ now allows all its screen, sound and voice output to be disabled for periods ranging from two hours to the remainder of the day. This is particularly useful for those occasions where the user wants to be certain not to be interrupted, such as when giving an important presentation, working to a tight deadline, or just enjoying a game or a movie. On such occasions, users previously had to quit the program altogether and commonly forgot to re-activate it.

MacBreakZ's newest feature allows all screen, sound and voice output to be disabled for periods ranging from two hours to the remainder of the day. This is particularly useful for those occasions where the user wants to be certain not to be interrupted, such as when giving an important presentation, working to a tight deadline, or just enjoying a game or a movie.

On such occasions, users previously had to quit the program altogether and commonly forgot to re-activate it. The new version thus makes it easier than ever to "live" with the program and to gradually become accustomed to a healthier and more productive work style.

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.
* Small Business, Family, Business and Enterprise licenses are also available.

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.

Website:
http://www.publicspace.net/

Product URL:
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

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.

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Frank Reiff
Owner/Founder


reiff@publicspace.net

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Link To Article: https://prmac.com/release-id-892.htm
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