

**Effect of a Scientifically-Based Method of
Self-Management for Knowledge Workers from the series Each Number Equals
One Inhalation and One Exhalation**

Date

2016- ongoing

Primary Maker

Richard Ibghy & Marilou Lemmens

Medium

wood, string, metal, plastic and acetate

Dimensions

Overall: 23.5 × 46.4 × 10 cm (9 1/4 × 18 1/4 × 3 15/16 in.)