

Productivity

By Kerri Fivecoat-Campbell

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Quartz Crystals

Many people, particularly Europeans, believe that quartz crystals placed in front of [computer](#) monitors can help absorb some of the electronic energy that drains workers of productivity. Edel O'Mahony, an expert in energetic communications in the U.K., said that she always advises her teams to have a quartz crystal on their desk. While there aren't any scientific data that prove that this does anything, experts agree that having things that are pretty or you believe will help should be a part of your office. The placebo effect has been proven to work [in many other situations](#), at least.

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