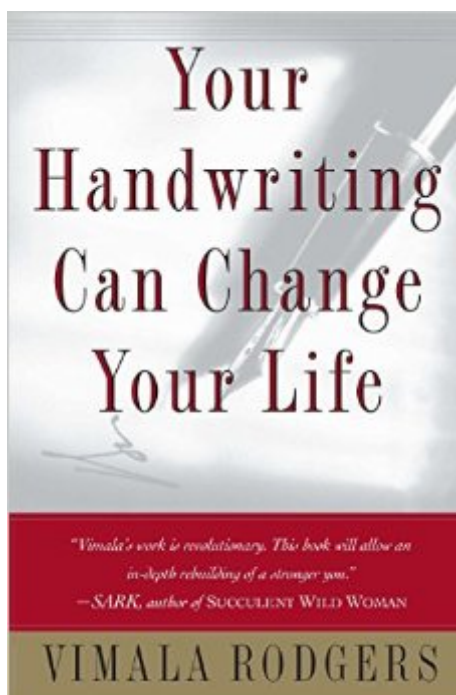


The book was found

Your Handwriting Can Change Your Life!



Synopsis

When we purposefully change our handwriting, we introduce attitudes that can improve our relationships, give us the impetus to achieve and take risks, and simply bring out the best in us. This is because our handwriting is a reflection of our innermost thoughts and feelings. When we fall in love, survive a serious illness, or change careers, our view of life is dramatically altered and, as a result, our handwriting patterns change. Conversely, desired transformations can result from intentionally changing the way specific letters are written: * Stick to that diet by changing the letter T. * Avoid being overlooked for that well-deserved promotion by changing the letter G. * Reduce stress and cease juggling too many things at once by changing the letter S. * Overcome shyness or stage fright by changing the letter A. Included is an enlightening assessment test that identifies those personality traits requiring attention. Your Handwriting Can Change Your Life profoundly reveals that the key to making dreams come true is as simple as putting pen to paper.

Book Information

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Customer Reviews

I have been a student of handwriting analysis for about a dozen-odd years. Handwriting analysis-- formally known as Graphology-- is known to many people, and is used worldwide as a psychoanalytical tool to give us insights into someone's personality. There is considerable scientific evidence to suggest that since our hand (and thus writing) moves as a result of electrical impulses from our brains, our handwriting is a very accurate representation of our state of mind, and the way we think and behave. Although still regarded as a "soft science," Graphology is now used extensively in courts, in the criminal justice system, by therapists and by employers. Graphotherapy

takes a "reverse" approach, suggesting that if a certain style of writing is representative of a certain personality trait or characteristic, then by changing our writing style, we must also be able to "reverse engineer" and change certain behavioral traits. This book is NOT about handwriting analysis-- it is about how modifying your handwriting can change the way we think, act and react. The first half of the book provides readers with a general overview of various aspects of handwriting, and their meaning. In this section we are also introduced to the "Vimala Alphabet," which is the author's interpretation of "ideal" handwriting-- digitized into a computer font, but not difficult to reproduce with pen and ink. The second half of the book walks us through the letters of the alphabet, one by one, explaining the corresponding personality traits, thoughts or habits associated with both the uppercase and lowercase version of each letter.

I've had this book for 5 years and have practiced it to the point where my handwriting is the spitting image of "Vimala's" (in quotes because she didn't actually make the handwriting rules in the book even though she obviously would like people to believe she did.) For the past three years every single letter except for the letter y (I just like my own Y better) is done instinctually by me. Here are my thoughts: 1) First of all let me say that anyone who thinks changing their handwriting will change their life is probably looking for a magic pill. You may be able to make some very minor changes to your personality by changing your handwriting, but the idea that it will completely change your life is absurd. If you continue to choose to have people in your life that put you down and spend your days with them and think that by going home and practicing your T-bar for 20 minutes a day is going to give you more self-esteem then you're going to be sorely dissatisfied. The changes I have had in my life since I started using this alphabet are too abstract and minor to know for sure if it was the handwriting that did it. 2) After having purchased a few books on handwriting in the past I like the suggested practice sessions described in the book. She suggests writing the letter repeatedly- then writing words that begin with the letter repeatedly- then words that end with the letter and words that have the letter in the middle of the word etc... It's a good way to get the letter in your bones so that you no longer have to think about it anymore. Before long you just write that way. 3) Too many reviews on here are fake. It's AMAZING how many of the 5 star reviews on this book has it the very first or second review they EVER placed on .

I'm always wary of self help book reviews because even when the reviewers mean well, the fact is that very often people don't wait to really see if a book's program works for them before actually writing a review. I assume this is because unlike other types of books self-help requires actual

application of practical work on a daily basis and quite a bit of time. So very often people get excited by the promises the books make & how the book made them feel during the reading of it to the point where they give it raving review without actually having any practical evidence whether any of the advice works. Well, I'm afraid that I too am writing a review prematurely. It's hard not to with this book because the recommended practice the author gives is 40 days for each letter (working on two letters at a time at the MOST). That means that if you were to never skip a single day of practice it would take you at least a year and a half to go through the program. Almost 3 years if you decide to do one letter at a time. At least the author is being honest about how long it usually takes to change one's handwriting and I think that's a good thing. These excersises will take you anywhere between 10 & 30 minutes a day depending on whether u do 1 or 2 letters and depending on how fast your hand gets the hang of the letter (in the first week of writing a letter I find that it takes me 15 minutes of getting through the excersises for that ONE letter, but then I make less mistakes and am able to go faster.) I got this book because my handwriting is truly ugly and often illegible even to my own self. So even if it turns out that handwriting doesn't affect my life at least in the end I'll finally come out with nice handwriting! So for me it is a win either way.

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