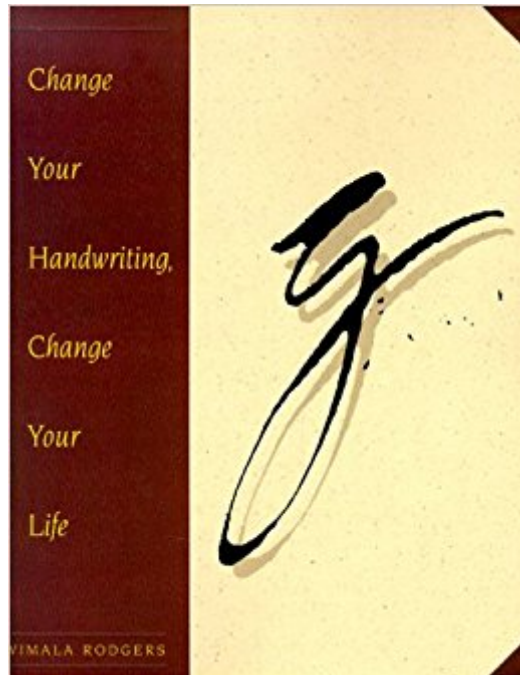




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Change Your Handwriting, Change Your Life



Synopsis

Pages clean and unmarked. Slight wear from time on shelf like you would see on a major chain.
Immediate shipping.

Book Information

Paperback: 140 pages

Publisher: Celestial Arts (November 1993)

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Product Dimensions: 9 x 7 x 0.4 inches

Shipping Weight: 8.8 ounces

Average Customer Review: 3.7 out of 5 stars 17 customer reviews

Best Sellers Rank: #1,099,007 in Books (See Top 100 in Books) #61 in Books > Religion & Spirituality > New Age & Spirituality > Divination > Graphology #73 in Books > Self-Help > Handwriting Analysis #38382 in Books > Health, Fitness & Dieting > Psychology & Counseling

Customer Reviews

Pages clean and unmarked. Slight wear from time on shelf like you would see on a major chain.
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I took this book for it's word and it paid off. Change Your Handwriting, Change Your Life works when you practice the very pleasant, simple exercises presented. After reading a few pages I couldn't wait to get home to begin. I was ready for a change in my life and this book helped me get started. Doing the writing exercises not only improved my handwriting, it helped me raise my consciousness.

Vimala Rodgers has written more on the subject, upgrading her technique, but this book is unique and a keeper for life. This handwriting is a character builder and needs to be in all our schools like it is in other parts of the world. Teacher's would see confidences improving and attitudes change for the better. Children will feel better about themselves once they begin writing the Vimala way.

This book has and well planned new script to choose and change your handwriting one character at a time over a period that will realistically fix the change on a brain change level. 40 days and a rational reason to change the letter is the magic idea to make it permanent. Who Knew? Thanks Vimala!

She fills up pages with puff. I might be a little harsh, but not a book to learn much about understanding the letters. Save your money and find a book that gives you more information and samples of handwriting.

Interesting but disappointing at the same time the book was hard to follow. I was signed by the author and she does not follow what she says.

Whether or not this book changes my life, I find it interesting. When I focus on a letter stroke, I find that I also focus on the habit I want to change for the better. And that's the whole point, isn't it? It's not about the writing, as much as bringing things to my attention so I can be responsive to change for the better.

There are two paths to enlightenment in classical chinese culture... martial arts, where the body movements cause transformational changes in the brain, and the path of the scholar, where calligraphic practice with the Confucian classics, when done correctly, causes the energy to flow out of the brush onto the paper. This also causes transformational changes in the brain. I could be a bit more esoteric, but the bottom line is, this is the first transformational methodology for western culture, similar to chinese principals, I've seen. I recommend doing this and it really will change your life.

In 1998, I attended a conference where Vimala Rodgers presented on the topic CHANGE YOUR HANDWRITING, CHANGE YOUR LIFE. I didn't attend, and bought the audiotape. I tossed the tape into my Walkman with mild curiosity. My psychology background had taught me how subtly some muscle movements and neurological activity are connected. I knew how difficult it is to yell "Wow! I'm feeling great!" when I'm slumped over in a droopy posture. So, in this attitude of mild curiosity, I listened to Vimala while I was doing other things. Since I always enjoyed handwriting, I tried forming letters the way Vimala had described at her presentation, particularly the lower case t and d. I just worked them into my usual handwriting for the fun of it. To my surprise, within a week or so, I found myself thinking things that had not occurred to me before, thoughts related to the topics addressed by these two letters. I noticed that I began swinging my arms during my daily walk without trying--something I'd tried repeatedly to do for increased aerobic effect, only to forget to make the effort as I walked. That a tiny handwriting change could account for this stuff didn't occur to me. I

began to write in my journal to delve into these changes. I observed that these Vimala-style d's and t's were the only recent change I'd made. Curiouser and curiouser. . . Then, I learned that Vimala was here on the East Coast on sabbatical; what do you know? She was staying about a 2 hour drive from my home. I sought her out, and it was then that I bought her book, **CHANGE YOUR HANDWRITING, CHANGE YOUR LIFE**. That so much potential could be packed into such a slim, graceful volume surprised me once again. I found its author to be quick to say that there's no panacea to be found in this work; however, it's a powerful tool--literally at our fingertips! I thought, "Can't hurt; might help." Vimala made a couple of individualized suggestions for my handwriting practice in addition to the suggestions in the book, and I followed her well-written instructions. Well! The increasingly empowered/ing new thoughts continued and increased. I dreamed in color for the first time in my life. The ending of a recurring dead-end dream changed into an open-ended, encouraging one. Believe me, as I write this, I have to worry (a little) that the whole world will consider me a crackpot. I only tell you my experience. No, there are no controlled, double-blind, placebo group studies to prove that Vimala's methods work. I know firsthand how hard it is to do rigorous research, and I know that "scientific" means "measurable". The results I experienced from changing my handwriting cannot be measured. I can't dispute that. However, to quote Dr. Irvin D. Yalom: "Generally, the accuracy of the measurement is directly proportional to the triviality of the variable." (The Theory and Practice of Group Psychotherapy, p.6). Check the literature for studies on anger, if you doubt this. **CHANGE YOUR HANDWRITING, CHANGE YOUR LIFE** is like its author--to-the-point, no-nonsense, deeply human, funny, and gentle. Graphically, it is lovely. Directions for the exercises are clear and easy to follow. They require no specific equipment, and there are no dangerous side-effects. Vimala has done such a good job with her book that you don't need to meet with her to get the benefits of her work. Now that Vimala is back on the West Coast, I rely on the book when it's clear to me that my handwriting needs a "tune-up." (Or just to re-read the delightful account of how Vimala's handwriting work really started when she was just two-years-old.) **WARNING:** Don't expect any changes from **CHANGE YOUR HANDWRITING, CHANGE YOUR LIFE** if all you plan to do is read; nothing will change from your simply reading this book. The power of the book's content is in doing the exercises. If you're willing to do the exercises as Vimala describes them, I'll bet you'll join me before long in saying, "It works for me."

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