



The Power of Your Other Hand, Revised Edition

Lucia Capacchione

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Brain researchers in recent years have discovered the vast, untapped potential of the brain's little used, right hemisphere.

Lucia Capacchione has discovered that our non-dominant hand is a direct channel to that potential and, through the "other hand" exercises and experiments in this course, she will show you how to do such things as:

- Talk to your inner child
- Aid in recovery from addictions
- Channel the deep inner wisdom of your True Self
- Help your body to heal
- Heal your relationships
- Unlock creativity
- Uncover hidden artistic abilities
- Change negative attitudes about yourself

Like Betty Edwards groundbreaking work the New Drawing on the Right Side of the Brain, Lucia's research and field work with people using their other hand provides the raw material for this book. As an art therapist she has observed numerous people using these techniques and becoming more creative, expressive, and intuitive in their lives. She has also noticed people improving their health, developing inner healing powers, and receiving greater fulfillment in their relationships.

Through various drawing and writing exercises with your other hand, Lucia Capacchione hopes you will discover the power that lies hidden in your other hand. The exercises will help you explore and understand your thoughts and feelings on a completely different level, finding out things about yourself that have been buried or concealed for quite some time.

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Rolanda Parker:

Now a day those who Living in the era everywhere everything reachable by talk with the internet and the resources in it can be true or not involve people to be aware of each details they get. How many people to be smart in having any information nowadays? Of course the correct answer is reading a book. Examining a book can help folks out of this uncertainty Information particularly this The Power of Your Other Hand, Revised Edition book because book offers you rich facts and knowledge. Of course the information in this book hundred per cent guarantees there is no doubt in it as you know.

Maria Ives:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their free time with their family, or their own friends. Usually they undertaking activity like watching television, planning to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? Might be reading a book can be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to test look for book, may be the e-book untitled The Power of Your Other Hand, Revised Edition can be fine book to read. May be it can be best activity to you.

Harriette Corwin:

Precisely why? Because this The Power of Your Other Hand, Revised Edition is an unordinary book that the inside of the book waiting for you to snap that but latter it will surprise you with the secret this inside. Reading this book close to it was fantastic author who have write the book in such amazing way makes the content inside easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you for not hesitating having this ever again or you going to regret it. This excellent book will give you a lot of gains than the other book have got such as help improving your expertise and your critical thinking approach. So , still want to hesitate having that book? If I were you I will go to the book store hurriedly.

James Smith:

Playing with family in a very park, coming to see the marine world or hanging out with pals is thing that usually you will have done when you have spare time, after that why you don't try issue that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love The Power of Your Other Hand, Revised Edition, you can enjoy both. It is good combination right, you still desire to miss it? What kind of hangout type is it? Oh seriously its mind hangout fellas. What? Still don't buy it, oh come on its called reading friends.

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