



Improve Your Handwriting, Rosemary Sassoon, Gunlaugur S. E. Briem, Teach Yourself Books, 2010, 1444103792, 9781444103793, 172 pages. Is this the right book for me? A book written specifically for adults experiencing problems with their writing. Improve Your Handwriting is the only title to be written specifically for adults who are experiencing problems with their writing. Co-authored by a world-renowned expert on handwriting and a professional calligrapher, it uses self-diagnosis tests to help you identify your problem, before encouraging you to experiment and choose the style that suits you best. Covering everything from holding a pen, to the difficulties that left-handers face, and the problems that may be caused by medical conditions, you will be come away from the book armed with the ability to write with ease and confidence. Improve Your Handwriting includes: Part One: Handwriting problems Chapter 1: Self-diagnosis Chapter 2: More about self-diagnosis Chapter 3: Practical matters Chapter 4: Help for left-handers Chapter 5: More serious problems Part Two: How to put things right Chapter 6: Regaining control Chapter 7: Rhythm and texture Chapter 8: A training model Chapter 9: Joining up Chapter 10: Personal modifications Chapter 11: Capital letters Part Three: Before and after Part Four: Finishing touches Chapter 12: Layout Chapter 13: A more formal model Learn effortlessly with a new easy-to-read page design and interactive features: Not got much time? One, five and ten-minute introductions to key principles to get you started. Author insights Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. Test yourself Tests in the book and online to keep track of your progress. Extend your knowledge Extra online articles to give you a richer understanding of how to improve your handwriting. Five things to remember Quick refreshers to help you remember the key facts. Try this Innovative exercises illustrate what you've learnt and how to use it..

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Better handwriting in 30 days developing a more attractive, readable script for business, school, and personal satisfaction, Paula A. Sassi, 1989, Language Arts & Disciplines, 182 pages. Presents exercises and drills aimed at improving penmanship, focusing on movement, space, and form.

I Can Do It How to Use Affirmations to Change Your Life, Louise L. Hay, Jan 1, 2004, Body, Mind & Spirit, 79 pages. In this concise yet information-packed book - which you can listen to on the enclosed CD or read at your leisure - bestselling author Louise L Hay shows you that 'you can do it'

Handwriting of the Twentieth Century , Rosemary Sassoon, 2007, Art, 208 pages. As letter-writing has fallen by the wayside, the art of lavish yet legible handwriting is no longer being taught to schoolchildren or employed in daily life – much to the dismay

Power Thoughts 365 Daily Affirmations, Louise L. Hay, Jul 1, 2005, , 365 pages. A year's worth of positive affirmations, to be read in no particular order, will help create a new way of thinking, acting, and feeling. Original..

Keeping Chronicles Preserving History Through Written Memorabilia, Rosemary Sassoon, 2010,

Reference, 160 pages. Keeping Chronicles explores the importance of preserving written memorabilia - be it old diaries, letters, sketchbooks, legal papers, and even old cookery or school books. All

Instant Handwriting Analysis A Key to Personal Success, Ruth Gardner, 1989, Self-Help, 159 pages. Briefly describes the development of handwriting analysis, discusses zone, baseline, slant, spacing, margins, and stroke, and explains what writing reveals about self-image.

Change Your Handwriting, Change Your Life , Vimala Rodgers, Nov 1, 1995, , 140 pages. Argues that handwriting reveals one's personality and that by modifying one's handwriting one can enhance aspects of one's life.

Signature for Success How to Analyze Handwriting and Improve Your Career, Your Relationships, and Your Life, Arlyn Imberman, 2003, Self-Help, 304 pages. Signatures and handwriting reveal more than we think or even intend. While many perceive Bill Gates as arrogant, his handwriting shows him to be determined, self-confident, and

Mastering copperplate calligraphy a step-by-step manual, Eleanor Winters, May 8, 2000, Art, 192 pages. Practical guide teaches elegant 18th-century writing style. Each letterform demonstrated stroke by stroke with clear explanation. Write quotations, poems, invitations, more

Teach Yourself Better Handwriting, Third Edition , Rosemary Sassoon, Oct 21, 2009, , 208 pages. Right your writing This practical and informative book will help you to improve your handwriting and develop a mature and individual style. Written specifically for adults, its

Your Handwriting Can Change Your Life , Vimala Rodgers, Mar 1, 2000, Self-Help, 176 pages. Moving beyond traditional graphology, the authoran educator and handwriting expertreveals how to initiate major life changes by improving handwriting. Original..

Written by a world-renowned expert on handwriting and a professional calligrapher, specifically for adults who are experiencing problems with their writing, this book uses self-diagnosis tests to help identify the problem before encouraging readers to experiment and choose the style that suits them best. Covering everything from holding a pen to the difficulties that left-handers face and the problems that may be caused by medical conditions, readers walk away from the book armed with the ability to write with ease and confidence.

Rosemary Sassoon is a handwriting consultant specializing in the educational and medical areas. She has written several books on handwriting, including Handwriting of the Twentieth Century. Gunnlaugur SE Briem is a designer who has designed several typefaces, including a new family for the Times newspaper. He divides his time between Britain and Oakland, California.

I doubted anything could be done; but this book showed me otherwise. As I kid I hated school. I scratched my way through college. Since then, I've been very heavily dependent on computers. Until this book, I knew nothing of penmanship instruction. I'd been making fundamental errors; and I am left-handed to boot.

I learned cursive writing years ago in a Catholic School from nuns who would slap your hand with a ruler if you did it wrong! For decades after that, even though I loved to write, my hand would cramp up when I wrote too long, and a full page would deteriorate from legible to scribble. Don't even talk to me about all the handwriting analyzers who see all kinds of things about you from your scribble! I can type extremely well but really wanted to put pen to paper again and enjoy it. Voilà! Up popped this book. At \$10.95, Free Shipping and Handling, I figured I can't go too far wrong even if it wasn't so good. Well, it is! It's easy to read and go through and so common sense and practical. I read through the whole book first - it's an easy read - before I started doing the exercises. I did them all, and it's amazing how such simple stuff can be effective to such a satisfying degree. I remember being taught NOT to break your writing in the middle of a word. Well, I learned from this book (to my

relief) it's a good idea to lift your pen every four or five letters. I am totally convinced that cursive should be taught to children in elementary school (not by slapping their hands with a ruler!) because it teaches them the finer movement of hand and fingers as well as discipline. If you are an adult who needs that kind of training, I heartily recommend this book. It's an easy but efficient read.

I've had embarrassing hand writing all of my adult life. I dreaded having to write anything in front of other people. I bought the book hoping I could change it. I've only been doing the exercises for a couple of weeks now and I already see a difference in my writing. I learned even the slightest changes in how you hold your pen makes a difference. I would highly recommend this book.

Is this the right book for me? A book written specifically for adults experiencing problems with their writing. *Improve Your Handwriting* is the only title to be written specifically for adults who are experiencing problems with their writing. Co-authored by a world-renowned expert on handwriting and a professional calligrapher, it uses self-diagnosis tests to help you identify your problem, before encouraging you to experiment and choose the style that suits you best. Covering everything from holding a pen, to the difficulties that left-handers face, and the problems that may be caused by medical conditions, you will be come away from the book armed with the ability to write with ease and confidence. *Improve Your Handwriting* includes: Part One: Handwriting problems Chapter 1: Self-diagnosis Chapter 2: More about self-diagnosis Chapter 3: Practical matters Chapter 4: Help for left-handers Chapter 5: More serious problems Part Two: How to put things right Chapter 6: Regaining control Chapter 7: Rhythm and texture Chapter 8: A training model Chapter 9: Joining up Chapter 10: Personal modifications Chapter 11: Capital letters Part Three: Before and after Part Four: Finishing touches Chapter 12: Layout Chapter 13: A more formal model Learn effortlessly with a new easy-to-read page design and interactive features: Not got much time? One, five and ten-minute introductions to key principles to get you started. Author insights Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. Test yourself Tests in the book and online to keep track of your progress. Extend your knowledge Extra online articles to give you a richer understanding of how to improve your handwriting. Five things to remember Quick refreshers to help you remember the key facts. Try this Innovative exercises illustrate what you've learnt and how to use it.

This is a practical guide to improved handwriting, which has been specially written for adults. It covers self-diagnosis, penhold, the particular problems of left-handers and the impediments caused by medical conditions. It does not attempt to impose a particular handwriting model, but offers alternatives and encourages readers to experiment and chose how best to improve their legibility and speed. Dr Sassoon is a handwriting consultant specialising in both medical and educational aspects of this skill. She is also the author of "The Practical Guide to Children's Handwriting" and "Handwriting: A New Perspective". Dr Briem is a designer and expert in Icelandic lettering.

From simple tips about pen holds and paper positions, the author's of this wonderful tool have taken great care to insure that the 'student' never feels their writing is in any way wrong or unacceptable, but rather offer you a real way of changing your handwriting by using alphabet 'models' to change the way you form letters. Whilst at the same time assuring the 'student' that they will not lose their own unique character in their written work, the excercises gave me confidence to change the way in which I have written for the last 50 years. The relaxing excercises are excellent, and really put you in the 'mood' to feel free to be creative. I found the sample of other students writing very beneficial especially as the examples were shown in 'before and after' format. Within the book the author's point out how difficult it can be to change old habits and introduce new ones, but assurances that with practice, you can get into better habits. I now look forward to the challenge of getting rid of old habits and introducing new ones which will, given enough effort on my part, lead me into a better and more acceptable way of writing. I send my congratulations to the joint author's for a book I wish was available years ago.

I have always reveled in my eccentric handwriting. As my academic career progressed, I was writing less and less for other people, mostly just class notes for myself, and I made little attempt to write legibly. I was the only one who could read my increasingly "individual" penmanship unless I made a great effort to write clearly. Finally, though, I had trouble puzzling out my own handwriting at times,

and I realized something had to be done. I had come to admire those with clear handwriting, and I wanted to develop a quick, readable hand.

This book agrees with advice I've found in several sources: the italic alphabet is attractive and easy to write, the distinction between printing and handwriting is artificial, and the torturous cursive script we're taught in elementary school does most students more harm than good. Though the book does not require strict adherence to their italic model, I like it quite a bit, and I'm happy to integrate it into my own hand.

Within minutes of beginning the simplest exercises I realized I'd been holding the pen wrong for as long as I can remember! Changing my grip required some awkward retraining, but once I adapted I realized that, for me, the traditional grip lends itself to more natural and comfortable motions, and my fountain pens work better, too! If it doesn't work for you, though, another grip is discussed.

This is an excellent example of how the book works. It is not about changing your writing to the one correct way. It shows you how to experiment to find the best way for you personally to write. This doesn't mean your handwriting will improve without any effort on your part, but I've found the exercises relaxing, almost meditative. It's difficult to face each new challenge, fumbling to find a way to form the letters properly, but once I've found the way and practice it for a few half-hour sessions, the new method appears in my casual handwriting. I'm very pleased by the increase in the legibility and attractiveness of my handwriting. I don't have to concentrate anymore to write better; with practice my penmanship has improved naturally.

My only problem with the book is that it's a little too vague. I like being able to choose the exercises most relevant to my own writing problems, but some more advice on how to practice would be nice, like "Do one page of Exercise A, then 15 lines of Exercise L, then go on to Exercise M for ten minutes." I realize that different writers will have different needs, but I'm not sure sometimes if I'm doing too little of one thing and not enough of another--though I'm getting a better feel for that as I go along.

I ordered this book to improve my penmanship. The results were no less than wonderful. In less than 3 days my writing had improve tremendously. What I like most about this book, along with the price of course, is the options that it gives you in writing techniques. I also liked that the author gives an understanding of why one may have difficulty in with their writing in the first place. I generally felt that good penmanship reflected a person who was deliberate and careful. This book shows that there is more than attitude involved here, there are basic mechanics to good penmanship that we were not shown in grade school. Great book to refer to anyone who is penmanly- challenged.

I bought the book last night and spent over an hour working on the exercises before going to bed. This morning I have spent two hours working on the exercises and the time just flew by. Despite being well-educated (possibly over-educated) I have always written slowly and not particularly legibly. In the space of a few hours I have changed my writing position and pen-hold and have learned to make the simple strokes necessary for clear, legible and speedy writing. The book was a surprise and a delight and I only wish I had come across it in 1984 when it was first published or that it had been around when I was at school.

I searched the Internet on a whim to see if I could find Rosemary Sassoon in order to thank her. That job has been made incredibly easy. I would urge anyone who has the slightest interest in improving their handwriting to get the book without delay. At a fraction under £7, it must be the bargain of the century. In a couple of hours and a few easy lessons it has changed what was a hard, painful slog for me into a process of joy and discovery. The book didn't promise instant results but it has certainly produced them. If I had known it existed I would surely have bought it sooner and consider myself lucky to have found it at all.

This practical and informative book will help readers improve their handwriting and develop their own mature and individual style. Teach Yourself Better Handwriting includes self-diagnosis tests to identify problems, "before-and-after" examples illustrating common faults, and a detailed section on

holding the pen. It also offers advice to those with special circumstances that may affect their handwriting, such as being left-handed or having a medical condition.

This practical and informative book will help you to improve your handwriting and develop a mature and individual style. Written specifically for adults, its self-diagnosis test will help you identify any trouble spots with your handwriting. 'Before' and 'after' examples illustrate common faults. This book covers everything from holding a pen, to the difficulties that left-handers face and problems that may be caused by medical conditions.

Gunnlaugur SE Briem is a designer and divides his time between Britain and California. He has taken an active interest in the experimental teaching of italic handwriting in his native Iceland. He has a PhD from the Royal College of Art in London, and is on the advisory board of Visible Language. He has designed several typefaces, including a new family for The Times newspaper.

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