



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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