

Handwriting for Heroes: Learn to Write with Your Non-Dominant Hand in Six Weeks

Kathleen E. Yancosek & Kristin Gulick

Loving Healing Press (2009)

ISBN 9781932690699

Reviewed by Carol Hoyer, PhD, for Reader Views (12/08)

The authors have written a very exceptional workbook to help those individuals with dominant-hand problems regain their writing skills. Both authors state that this gives adults the opportunity to make positive changes in their life by utilizing well-designed, adult material and not children's coloring books.

Each chapter is filled with repetitive exercises that will increase one's fine-motor control and wrist stabilization. There are six chapters as well as a Certificate of Completion. In each chapter there are therapist tips, which include exercises, information about posture, utilizing scissors and the necessity of having good lighting. The authors have provided homework assignments that are easily done in the convenience of one's home while watching TV, reading or visiting.

I believe as the authors do, it is important that individuals utilizing this workbook experience positive outcomes. Each chapter is built off the previous one. If a person doesn't understand something, or needs additional help, it is suggested that they go to the website and speak to a therapist. I found the exercises and lessons interesting, easy to understand and use. There are many people who cannot afford therapy for extended periods of time or are embarrassed about the limited use of their dominant hand. This excellent workbook, "Handwriting for Heroes, by Yancosek and Gulick, is for them.