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Write it Right!

Just what you feared most-- handwriting counts! According to new findings by Jeanette Farmer, one of the few handwriting remediation specialists in the nation, handwriting has deep links to the brain. Bad handwriting often reveals bad behavior. Wildly inconsistent handwriting reveals the disordered personality. Her recent research indicates that hyperactivity, ADD/BDHD and various other behavioral disorders can be better treated with reconstructive handwriting classes instead of medication like Ritalin, Paxil, Prozac and dexedrine.

Her twenty years of field work and extensive research into the basis of handwriting and its links to the human brain, derived from psychologists and brain researchers, echoes the work of Alfred Binet (as in Stanford Binet intelligence test) and Gordon Allport (Harvard psychologist), as well as hoary old Sigmund Freud who maintained that "There is no doubt that people express their character through their handwriting". Handwriting, while rarely taught in schools these days, is "the influence that stabilizes societies" according to Farmer, whose research indicates that the endurance of ancient civilizations in Egypt and China was linked to their unchanging graphology. (In China there are about 500 ideographs that do not change. Similarly, hieroglyphs are stable graphic language elements, unchanged through 1800 years of dynastic chaos.)

Taking this hypothesis one step further, the conclusion can be drawn that instability in literate societies can be attributed to graphic inconstancy! So your handwriting really DOES count, if you ask graphologists (who study handwriting).

The science of graphology has been used in courts of law. FBI profiling programs, and is a standard part of many pre-employment screening tools now used to prevent tragedies like the recent events in Meridien, MS. But handwriting is badly taught (if at all) in schools which may, according to Farmer, account for the "meltdown" of marginal personalities. But the good

news is, according to Farmer's research, if you Fix the handwriting and you fix the PERSON!

But where do you start? At the beginning of course. The same impulse control that is required for self control is the same impulse control required for regular, correct handwriting. Using Farmer's techniques (which are totally unlike traditional handwriting instruction learned in school) the adult can restructure the brain using daily practice of three to five minute sessions that combine pleasant music with repetitive tracing movements on the page. Even stroke patients have been successfully rehabilitated using Farmer's RETRAIN THE BRAIN program (which was originally designed for ADD children).

If you think you're ready to correct that out-of-control handwriting, the good news is that Jeanette Farmer can be reached at 4400 South Quebec D 104, Denver CO 80237, or by email at [retrainbrain@prodigy.net](mailto:retrainbrain@prodigy.net). or <http://pages.prodigy.com/djfarmer/index.htm>. Her remedial handwriting kit which includes a plastic tracing template, a tape, a workbook and research abstracts is \$70 plus shipping, handling and tax. The program is fun, musical and only requires about ten minutes a day. (It's also great for writers who have "hit the wall" and need to recharge their batteries)

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