

The Power of Your Other Hand: A Course in Channeling the Inner Wisdom of the Right Brain

By Lucia Capacchione

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The vast, untapped potential of the brain's little used right hemisphere can be successfully channeled into a powerful resource. "Other hand" exercises and experiments can help heal, break addictions, and unlock creativity. Fourth printing in less than one year. (Philosophy/Metaphysics)

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Editorial Review

About the Author
Lucia Capacchione, a registered art therapist, holds degrees in art and psychology and is a pioneer of self-therapy and healing through journal writing and drawing. She is the author of *The Creative Journal*, *The Creative Journal for Teens*, *Lighten Up Your Body, Lighten Up Your Life*, *The Well Being Journal*, and *Visioning*. She is a consultant to business and education, a lecturer and workshop leader, and a trainer of healthcare professionals and educators. Her methods are currently being used with AIDS and cancer patients and in 12-step recovery programs.

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