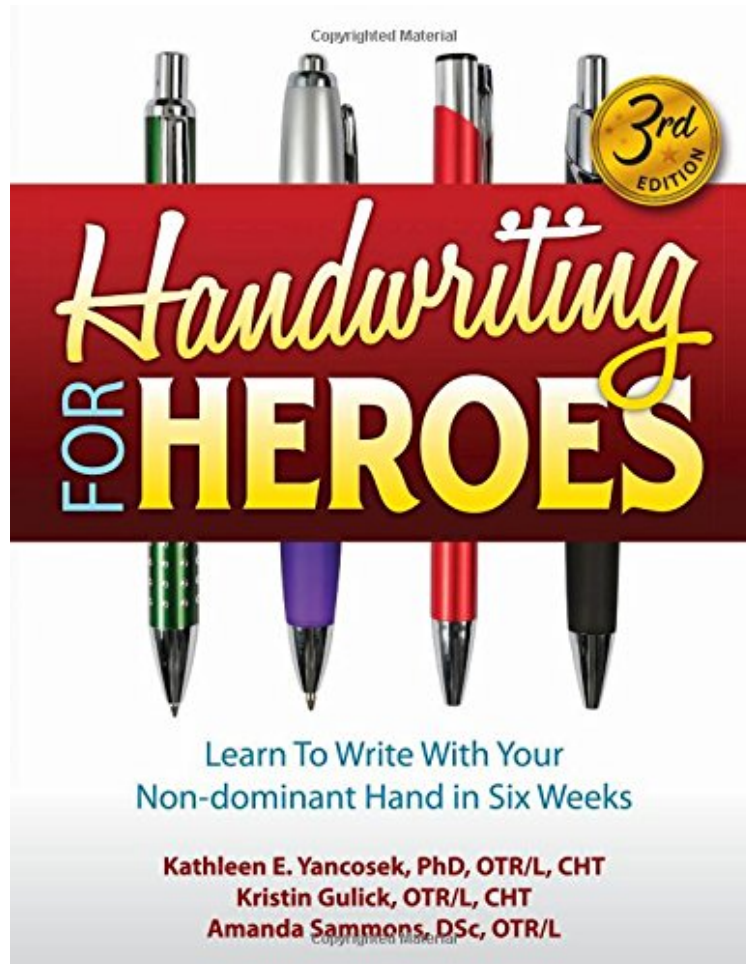


[E-BOOK] Handwriting for Heroes: Learn to Write with Your Non-Dominant Hand in Six Weeks. 3rd Ed.

## Handwriting for Heroes: Learn to Write with Your Non-Dominant Hand in Six Weeks. 3rd Ed.

*Kathleen E. Yancosek, Kristin Gulick*

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**Kathleen E. Yancosek, Kristin Gulick : Handwriting for Heroes: Learn to Write with Your Non-Dominant Hand in Six Weeks. 3rd Ed.** before purchasing it in order to gage whether or not it would be worth my time, and all praised Handwriting for Heroes: Learn to Write with Your Non-Dominant Hand in Six Weeks. 3rd Ed.:

4 of 4 people found the following review helpful. Great "grown-up" handwriting practice for a tween boyBy Navy MomGot this for my 12-year-old son who has atrocious handwriting and a teensy bit of fine motor issues. I've made cursive and printing practice part of his chores routine (one page of each, daily), but he was mortified to be using the little kid handwriting books, and the plain drill sheets were boring, although there are lots of them free on-line. This book was written for physical/occupational therapy patients, specifically military veterans who had either lost hand function or had amputations. He thinks the examples are "cooler" and more grown-up (cool-guy pseudo-military

jargon talking about drilling/being combat-ready, etc.) I roll my eyes a little at the military-wanna-be jargon--we are a military family, but we definitely try to de-glorify many aspects of it--but, in the end, it suits his 'tween heart and makes him far more compliant about doing the practice, so whatever works . . . . Excellent drills that work you through a multi-week process (both cursive and printing), definitely the grown-up approach that my son craves, and accompanied by some well-thought out mindfulness exercises--about perseverance, gradual progress, overcoming obstacles, etc.--that he mostly blows through, but a little bit seeps in, so all good. Wonderful product. 12 of 13 people found the following review helpful. Pros and cons of starting with cursive

By Eleanore Miller  
This review will include why I purchased this book originally, and what I believe are the target audience, the program's strengths, and what I believe are the program's weaknesses. Recently, I went through a period of almost 2 months during which I was unable to use my dominant hand at all. As an educator and inveterate note-writer, I quickly realized my loss. Using my education background, I taught myself how to write using my non-dominant hand. By the time my cast came off and I began working with a hand therapist, I was able to communicate by using my non-dominant hand to write pretty well. At some point, I discussed the program I developed for myself with my hand therapist, and we began to discuss the possibility of writing a paper together. Well, first I had to research the available materials. As predicted by my therapist, there is not much available outside of professional articles and textbooks, most of which focus on the process without providing reproducible materials. So, this book was purchased for research purposes. In reviewing the book, I found its greatest strength to be that it addressed a problem hand therapists face each day: teaching the adult patient who wants to start with cursive because of a belief that manuscript writing (printing) is for children. For this type of patient, the logic behind building skill and control from the bottom up is irrelevant. This patient cannot get past printing being for children. For this patient, this is an excellent resource. The problem with this book is that it starts with cursive, resulting in haphazard development of control over the fine motor skills inherent in manuscript writing programs. Tracing and copying of shapes (squares, rectangles, stars, boxes with diagonal lines, etc.) and activities (such as dot-to-dot drawing, speed exercises, coloring in shapes) help to address the development of control, but the logic of building on skills is lost. The result is that fine motor control is less a process of building one skill on another and more a process of covering the skills as one can. Interestingly, the authors claim that "Cursive writing is easier than printing from motor and perceptual standpoints" because it "diminishes the challenge of having even spaces between printed letters." From my position as an educator as well as someone who has gone through the process of generating legible written communication with the non-dominant hand, cursive is not easier because drawing curves (the primary component of cursive writing) is more difficult than drawing lines, both from a developmental perspective and a personal one. "Perception" may refer to self-perception ("printing is for children"), but it certainly does not refer to legibility. Personally, I would rather someone be able to read what I write (perceive my intent), as legibility development of cursive is much more difficult to achieve than legibility of manuscript forms. For an adult who has not suffered brain injury, letter spacing is a function of fine motor control as well as of perceptual feedback. Although the progression from lines of various lengths and orientations to curves of different sizes and degrees of "closedness" may be tedious at first, it is quick and establishes an ability to control the pencil. Since the various lines and curves are immediately succeeded by the practice of (first) upper-case letters that can be formed with them, the refinement of motor skills is continuous. Movement to lower-case characters and numbers is even faster because all lines and curves are basically no more than smaller versions of upper-case elements. These smaller versions continue the progression of fine motor refinement. For the adult, movement into cursive writing is eased by this progression, since legible cursive writing requires much greater fine motor control than does manuscript writing. Using traditional methods, my manuscript writing was legible within 2 weeks and "controlled" within 4; cursive writing was legible, with well-formed Palmer-like characters, within 2 more weeks. At the same time, as my fine motor skills developed through handwriting, common tasks such as turning the pages in a book appeared to be eased for my non-dominant hand, and possibly helped with writing control as well. Careful study of the exercises in this book suggested to me that my cursive would not have fared so well. However, if I were reluctant to learn manuscript first, this book would definitely have helped me. In all, as with any self-help (or therapist-assisted help) publication, the individual must be considered in the selection of materials. Occupational therapists who face clients who insist on starting with cursive and refuse to work with manuscript forms would find this book very helpful.

0 of 0 people found the following review helpful. i'm no hero, buthellip;

By A. Avery  
I just received this book today. I ordered it because I was injured during a shoulder surgery. As a result, I will be without use of my right, or dominance, hand for a period of time ranging from a few weeks to several months. I figured that was enough of a reason to try to learn to write with my left hand. So while I do not fit the profile of the intended user of this book (I am not a hero), I do think it will serve my purposes. I did today's exercises in about an hour. Like other reviewers, I was surprised to see that it has your begin with cursive instead of printing. But I think I understand the logic of that. The book seems to be designed very thoughtfully and credibly. I also like that the sample sentences they give you to write are motivational and aspirational. Might as well transmit a good message to your brain while you're trying to retrain it. I was delighted to see the connect the dots activitieshellip; I just wish they were more of them! So I went ahead and bought a kids' connect the dots book. Even if I don't become proficient with my left hand, it will be neat to have this printed record of

whatever progress I do make. I am glad this book exists.

By targeting adults, this book preserves the dignity of those who must "re-learn" the basics of handwriting by providing an alternative to children's workbooks. All tasks are oriented to the adult learner. Cursive writing is easier than printing from motor and perceptual standpoints. Learning cursive writing also diminishes the challenge of having even spaces between printed letters. However, many have requested that the 3rd edition include instructions and visual demonstrations on PRINT writing. We have answered your request! Handwriting for Heroes is a task-oriented workbook that approaches learning to write with your previously non-dominant hand through meaningful repetitions of purposeful writing tasks. Handwriting for Heroes captures the extra-ordinary learning process of a very ordinary task: handwriting. The methods of instruction are based on motor learning principles and the dynamic process of skill acquisition. This is a first-of-its-kind workbook designed for adult populations who sustain injuries to their dominant hands that permanently impair dexterity functions. Learning to write with the previously non-dominant hand can be a rewarding accomplishment along the recovery path; it is an accomplishment that leads to improved self-esteem, increased opportunities for hobbies and work occupations, and one more illustration of the adult's ability to overcome adversity. Occupational Therapists Acclaim for the Handwriting for Heroes Method "I used Handwriting for Heroes with all of my patients, some had lost hand function from amputation, brachial plexus injuries, stroke, or extensive soft tissue trauma to the dominant hand. All of my patients benefited and enjoyed the workbook and how it helped them return to handwriting tasks." Stephanie E. Daugherty, MS, OTR/L, CHT, Army Lt. Col. (Ret.) "This workbook is extremely practical and functional! It is an essential tool in hand dominance retraining for the upper limb amputee." Oren S. Ganz, MOT, OTR/L "Handwriting for Heroes is more than a workbook! It is an investment into the future performance of my patients who need to return to occupations that demand handwriting. My patients enjoy the challenge and the success of the program!" -Kristi A. Say, OTR/L Learn more about this book at [HandwritingForHeroes.com](http://HandwritingForHeroes.com) From Loving Healing Press [LovingHealing.com](http://LovingHealing.com)

"Handwriting for Heroes" is an essential tool for the recovery of both body and spirit. Occupational Therapists, Prosthetics and Orthotics professionals, and those recovering from amputation, severe physical injury, or stroke can all benefit from the information and exercises contained in this book. Authors Kathleen E. Yancosek and Kristin Gulick deliver tried and true methods from week one through week six on accomplishing this goal and even include a certificate of completion at the conclusion. --Vicki Landes, Reader Views The authors have written a very exceptional workbook to help those individuals with dominant-hand problems regain their writing skills. 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. --Carol Hoyer, PhD, for Reader Views Developed by two experienced Occupational and Hand Therapists to help you learn to write with your non-dominant hand, Handwriting for Heroes is an encouraging but no-nonsense program for those who are serious about switching dominant sides. Daily and weekly practice assignments, tips for assuring success, and plenty of encouraging words are offered in a framework of adult interests and sensibilities no more first-grade writing tablets and kid-level practice sentences! The workbook is well-organized, clear, and comprehensive. The authors even invite the user to visit their website to ask questions or report on their progress. --Bonnie Pike, Director StepUp-SpeakOut. (a lymphedema support group) About the Author Katie Yancosek is an officer in the Army Medical Specialist Corps. She graduated from Gannon University with a Bachelor's of Science degree in occupational therapy and from Eastern Kentucky University with a Master's of Science degree in occupational therapy. She is pursuing a PhD in Rehabilitation Sciences at the University of Kentucky. She currently lives in Kentucky with her husband and two sons. Kristin Gulick has been enjoying her practice as an Occupational Therapist for 23 years. She graduated from University of Puget Sound and began her practice working with children at Shriner's Hospital in Portland, OR. Kristin's career path led her to focus on rehabilitation of the upper extremity and she became a certified hand therapist in 1996. Currently Kristin serves as the Director of Therapy Services at Advanced Arm Dynamics where she enjoys partnering with clients with upper limb loss in their rehabilitation.