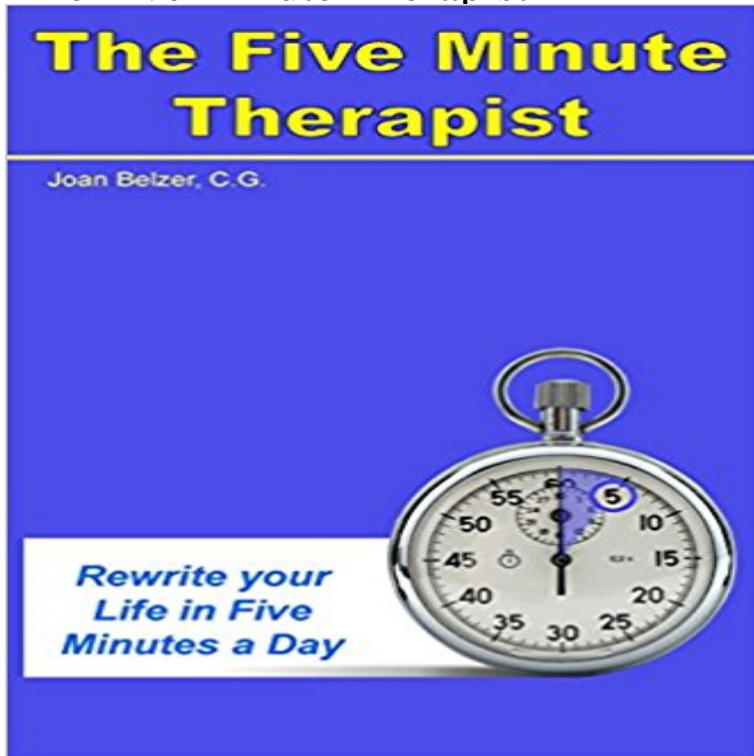


## The Five Minute Therapist



Joan Belzer is a Certified Graphologist who has been in practice for over twenty years. She holds a Masters in Library Science from UCLA and is a member of the American Association of Handwriting Analysts. She lectures to educators, employers and at conventions. She is in private practice and the Handwriting Analyst at the Canyon Ranch. At the behest many private clients and attendees at my lectures, I decided to write a book that explains some of the basic principles of graphology. After my lectures, people usually want more details and examples. Also, they would like to share what they learned with friends and family. I believe that this book answers those requests appropriately. The title of the book, "The Five Minute Therapist", refers to the graphotherapy exercises that are recommended in the book. All of these exercises are intended to be completed in 5-10 minutes a day. Keep in mind that these short exercises require a commitment of 21 consecutive days in order to be successful.

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