

## HANDWRITING FORMATION THERAPY

Handwriting Formation Therapy (HFT) is a science by which one is able to change personality traits by changing their handwriting and, in doing so, introduces new strokes which automatically eliminates the negative traits.

The underlying principal of HFT can be explained as "Behavioral Modification on a Neurological Level". HFT is a non-traditional psychological therapy method that works completely opposite of traditional therapy programs. Have you ever noticed how many people say that they "used to go to therapy but stopped because it did not work"? Have you ever noticed that people tend to come home more sad, more angry, or more emotional after the therapy appointment? Those that are in traditional therapy programs can feel "stuck" and cannot claim any sort of improvement or success. We hear from people every day that say they have gone to traditional therapists for years even though they do not feel that it helped. We also have heard from traditional therapists who state they will continue seeing their clients even though they feel their client is not being helped. We've even had traditional therapists tell us that they will prescribe meds because "nothing else helped so why not"! Give yourself permission to put your own recovery, energy and peace of mind first. When life is demanding too much from us, sometimes we have the power to change our circumstances, rearrange our priorities. But that is not always the case- what if you really cannot change the causes of stress in your life? Whether your challenges in life are temporary or chronic, you have to find the ability to recover.

Stress less. Listen better. Get your brain, sound and fit.