The one sentence that revea everything about you!

Want to tap into your hidden strengths? Get even closer to your clan? Beat stress? Just pick up a pen!

t's no wonder the FBI, police departments and employers often rely on handwriting analysis: Studies show that graphologists can accurately assess a person's personality 90% of the time! "Since it's the brain that instructs the hand how to move, the act of writing provides a window into the inner vou." says Sheila Lowe. author of The Complete Idiot's Guide to Handwriting Analysis.

Want to know what your writing says about you? Jot down This is how I write on unlined paper-then keep reading!

If your writing ...

Slants to the right: There is how I write

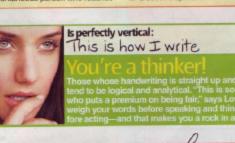
You're a people pleaser!

The slant of your handwriting indicates your ability to feel and express emotion," says Lowe, and a slant to the right reveals you're a warm, spontaneous person who reaches

out to others. You believe in following your heart, which is okay for most decisions, but for something major, ask someone you trust for a second opinion.



hose whose handwriting is straight up and down, end to be logical and analytical. "This is someone who puts a premium on being fair," says Lowe. You yeigh your words before speaking and think be-ore acting—and that makes you a rock in a crisis!

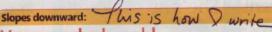


Goes straight across:



You're grounded!

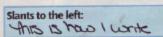
People who write straight across are realistic, centered and unflappable. The one thing that does rattle you? Failing to meet your own high standards! "Think of mistakes as learning experiences rather than knocks to your self-worth," suggests graphologist Sarah Holmes, "so you'll rebound faster from occasional setbacks."



## You need a break!

Writing that runs downhill is associated with discouragement, so it could be you're under a lot of stress, says Holmes. 'It's as if pressure from the top is pushing your writing down."

That's a dead giveaway that the heavy load you're handling is a strain, no matter how easy you make it look! Don't hesitate to ask for the help you need.





slant is the sign of a private person who's sensitive and introspective," says Holmes. Do you have a flair for painting, writing or music? Show it! Backhand writers often express their emotions through the arts, but can be shy about letting their talents shine.

## This is how I WA You're a go-ge

A "rising baseline," as graphologist shows you're optimistic and self-as 'This is someone who's always loo ing to learn new things and move on to their next accomplishment," says Holmes. But you can get easily frustrated if your progress isn't superspeedy. Try showing yourself the

> -Barbara Hustedt Crook

same patience

you show others.