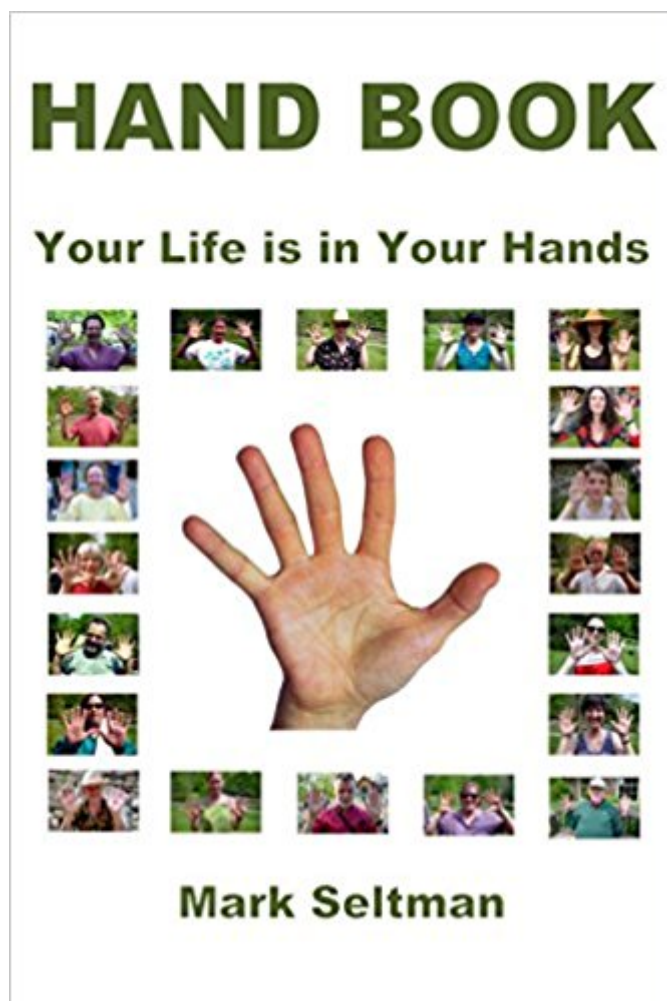


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# Hand Book: Your Life Is In Your Hands (Real Palmistry) (Volume 2)



## Synopsis

'Hand Book' is a print version of the ebook 'Real Palmistry'. It contains the same basic content. The images are black and white. It was created for the many people who have asked for a 'real' book. Before you read another word, look at your hands. What do you see, a confused jumble of lines and bumps? Look again. You are looking at a topographical map of your character in the past, present, and future. You can navigate your map and chart your course. You don't have to be a palmist or even know palmistry to be able to see your relationship, career, and health potentials in your hands. Reading hands is simple and fun. The value of reading hands is in being able to readily recognize personality traits, habits and patterns, and motivations. As we identify our strengths and weaknesses, we can alter our thinking, exercise our free will, and transform negative thought patterns into positive behavioral patterns. We can take charge of our thinking, feelings, and actions. Interpreting our hands and understanding our character can inspire and empower us to transform our destinies. The beauty of reading hands is that hands change as thinking and circumstances change. A tiny change in a hand can represent a huge change in a life. As we make decisions and exercise our free will, we are able to see our successes and failures reflected in our hands over time. Palmistry is the 5500-year-old science and art of interpreting character from hands. Size, shape, and proportions of hands reveal one or more of four basic archetypes: Intuitive, Practical, Thinking, and Feeling. Texture, color, elasticity and consistency of skin, and the flexibility of joints explain how we initiate, maintain, and adapt to new ideas and circumstances. Lengths and proportions of fingers, knots, shapes of fingertips, and the qualities of nails represent our health, career, and relationships, and how we are fulfilling our potentials in our world around us. Lines of the hands, dermatoglyphics (fixed skin ridge patterns), and gestures reveal more detailed information about our life choices and circumstances. The arts and crafts of interpretation and counseling require study and practice. Hand Book will affirm, confirm, and inform readers in helpful and hopeful ways. Readers will ask their hands: Who am I? What do I want? What do I value? What do I think? How do I feel? How can I be happier? How can I be healthier? How are my relationships? What are my obligations? What are my responsibilities? How can I be prosperous? How can I be more creative? What's my purpose? What's my philosophy? How can I be more spiritual? What's next? We can all be our own best friends and bullshit detectors. Astrology had been around for thousands of years, when suddenly in 1968, Linda Goodman's Sun Signs set mass market astrology in motion. Paradoxically, while astrology reveals potential character, hands reveal true character; what we've done, do, and are likely to do with our character. After 5,500 years of being relegated to obscurity, misinformation, and deception,

the time has come for the ancient science and art of palmistry to be reborn, creating new opportunities for people to interact and get to know themselves and others better. The paradigm of palmistry as a gypsy fortunetelling scam will finally be dispelled. An inspiring new catchphrase for the 21st Century will be "Let me see your hands". Hand Book captures the imagination of the masses while addressing their real concerns. In addition to answering fundamental life issues and questions, Hand Book covers topics such as: hands of family and friends, hands of celebrities, insight into intimate relationships, and gaining insight into the hands of children. Palmistry will eventually become accessible to billions of curious hand owners who will be able to experience the power of palmistry firsthand.

## Book Information

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## Customer Reviews

Over the past thirty-five years, Mark Seltman has read tens of thousands of hands of people of every age, gender, race, color, size, shape, career, and socio-economic diversity. Mark has examined the hands of celebrities, billionaires, corporate executives, and the people who work for them. Mark has appeared on ABC The View, CBS Martha Stewart Living, CBS Evening News, FOX Good Day NY, Lifetime TV, Queens, and WNYC Radio. He has been featured in the NY Times, NY Newsday, The Daily News, The Village Voice, New York Magazine, INSTYLE Magazine, Family Circle, Modern Bride, Manhattan User's Guide, Refinery 29, CRUSH fanzine, and Astrogirl Magazine. Mark offers five-minute reflections at special events, counsels countless couples, raises funds for diverse causes such as AIDS, Cancer, Cystic Fibrosis, Schizophrenia, Arts

Education, and the Environment. He taught Metaphysics 101 at the Cooper Union for the Advancement of Science and Art in NYC for five years and has also spoken, offered workshops, and taught classes at the New York Open Center, Learning Annex, Source of Life Center, Hunter College, Pace University, Fashion Institute of Technology, Marymount Manhattan College, Theosophical Society, East West Bookstore, Lower East Side Tenement Museum, and The National Design Museum in NYC. Mark also maintains a private practice with over 1,000 clients.

This book is an excellent introduction to learning to read hands. It is put together in a very original way, and is based very much on the observations and practical hand reading experience of the author, unlike some Palmistry books. It is written with real humour and out of a deep understanding of people. It also contains many fascinating and instructive stories and anecdotes from the author's long and wide-ranging career as a hand reader. Hand reading is a valuable tool for learning to understand oneself and others. The author makes a very convincing case for its importance. I have found this a very rewarding book and would thoroughly recommend it. Whether you are new to hand reading or already have some understanding of it, this is a book from which you will certainly gain valuable new insights.

Considering that Seltman is pretty famous, I thought there would be more in depth descriptions and explanations of how to read palms. He is very conversational, but I felt - at times - it got in the way of the content and I lost interest half way. I will return to the book when the mood strikes, but I felt that there could be more in depth information and guideposts on how to do it oneself.

At last there is a hand reading book for the general public that I can whole-heartedly recommend. Mark's book is very readable. His style is sincere and personal. His thinking is advanced. Light years ahead of anything else on the market. I'm really impressed.

Don't know why it is called Volume 2. It is the same book as Real Palmistry: Your Life is In your Hands, while the latter makes you think it might be volume 1. Very little information in these books. Some parts are even repeated. Very disappointed.

After reading the glowing reviews, I was incredibly disappointed by this book. First of all, the quality of the book is horrendous; it appears as though Seltman printed the book off his home computer. There were few pictures of lines/hands in the book and the ones that were present was useless as

they were in black and white and very small. This is my third palmistry book and I learned very little about palmistry from reading this. Seltman gives many anecdotes of palm reading and some very specific hand facts, however, I found that I cannot apply much of what I read. The book is separated into sections that, frankly, are short, lack quality pictures, and either are full of general spiritually-based comments or very specific stories of a time he read a palm. As someone new to palmistry, I would not recommend this book at all and wish I had not exerted the energy ordering and reading it.

But it turned out to be worth checking it so I am not disappointed

Mark Seltman has been reading hands for over 40 years and has read approximately 60,000 pairs of hands. That is a lot of hands. I have a similar background and it was fun and interesting to read his book. It felt like I was in conversation with a fascinating man dedicated to his craft. Mark studied with protégés of William Benham, the famous hand reader of the early 20th century, and later branched out to add his own observations. He wants the world to know the power of hand reading to change lives. He sees himself as an ambassador in this endeavor. Hooray Mark. I like the way Mark talks about hands. I like his personal approach, his sense of personal responsibility for one's life and his clear goal of individual empowerment. Mark's book is introductory in nature and is not intended as a training manual. It brings people into the world of hands and offers readers the opportunity to make some easy observations and compare what their hands say to how they see themselves. Mark challenges his readers to take charge of their lives, to become what their hands say it is possible for them to be. For an experienced hand reader like myself, The Hand Book was tantalizing. Mark uses Benham-styled chiromony indicators with Gettings' based hand shapes to forge a twelve hand shape system that is at once simple yet potentially very profound. It allows Mark to hone in quickly on his client's life story and this is important to Mark (and to every hand reader) in that many of Mark's readings are five minute meetings. It is amazing to note how moved a person can be in such a short time (such is the power and accuracy of hands). I also often read in this format and I regularly meet people at airports or hear from an e-mail how a short reading had such a positive impact on someone whose hands I read ten, twenty, or thirty or more years ago. Mark specializes in such readings and I look forward to reading his next, more detailed work. Richard Unger, Director, IHA

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