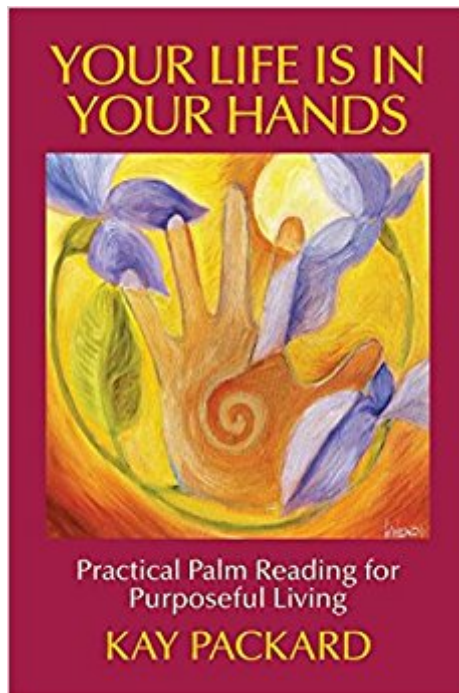




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# Your Life Is In Your Hands: Practical Palm Reading For Purposeful Living



## Synopsis

Your Life Is In Your Hands is a revelatory new book that teaches you the fundamentals of how to read the unique markings found on your hands. Your own hands offer the most reliable and explicit assessment tool available for living your best life! Author and master hand analyst Kay Packard, M.A., draws on thousands of hours of scientific research to guide you step by step in identifying and interpreting these markings, giving you a profound new approach to harnessing your inner wisdom and helping you create new, more successful life strategies - at home, in business and in your intimate relationships. Your Life Is In Your Hands explores more than 50 features of the hands through reproductions of actual handprints and personal life stories. You will learn the meaning of the Heart Line - your love style, the Head Line - your computing system, the Life Line - your vitality requirements, the vertical lines - boosts of extra energy, the fingers - high potential qualities, and much, much more! Kay shows you how to interpret each feature both positively and negatively, and how to combine these interpretations into affirmational "mantras" that can be used as guides to living your life to the fullest. Exercises at the end of each chapter show you how to blend together the various markings you've identified in your hands, to create a unique, inspiring, and empowering reading. You'll also be guided to create a Conscious Living Statement and Action Steps based on what you read and learn about yourself. Are you ready to look within and empower yourself to live your most meaningful life? Your hands can show you how!

## Book Information

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## Customer Reviews

Kay Packard's book is a small but mighty treasure of crystal clear information that supported me in

opening my eyes to my own inner wisdom and guidance. I've had the honor of a phenomenal reading with Kay over the phone--which I'd highly recommend too!--and then I waited and waited for this book to be published. It illuminated what she had said even more clearly and inspires me to explore further on my own. In addition to the valuable information about yourself and how to relate better to others, Kay's light-hearted, kind writing style paves the way for deep self-acceptance and love. Pardon the pun, but this book is like a trusted, gentle mother holding your hand as she guides you in growing and awakening to the meaning of your life. I loved it!

I've just received Kay Packard's new hand analysis book "Your Life is in your hands" in the post and I'm delighted. This is the book we have all been waiting for. The very first basic hand analysis book on the market from the Richard Unger lineage, written in English for a broader audience. Kay's thinking is not pure Unger/IIHA. She has also been significantly influenced by Venon Mahabal. Further, Kay adds her own deep spiritual wisdom to this well written work. Kay's book will play a significant role in healing a lot of misconceptions out there due to what was written by palmists of yesterday, and about hand reading in general. Such as? The meaning of life lines, the myth life lines and longevity. Breaks in the life line and how to interpret them. The meaning of Simian lines, heart lines, head lines, vertical lines. The book breaks the spell of fear and dread cast upon people who believe they are doomed due to a marker in their hands. Kay explains how every marker has both a positive and a negative aspects and you can use both to unlock your potential and improve your life. The book includes sections on hand shape and mythological archetypes. This is a self help book but it is also a "must have" for any serious hand analyst, hand reader or palm reader. I particularly like her chapter on reading hands mindfully. I wholeheartedly endorse Kay's book.

This is an exciting and uncomplicated read. I feel Kay Packard, in "Your Life Is In Your Hands", has just given me the secret code to understanding my life's patterns, my career aptitude, and completely explained my emotional preferences and style. What a difference knowledge and self awareness can make in future choices, and communications styles. I am filled with compassion, realizing how natural our different styles and choices are, and how right they are for each one of us. I highly recommend it for everyone that not only wants their life purposes and potential revealed, but wants more insight in to their loved ones styles and choices.

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