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Crafted from experience.

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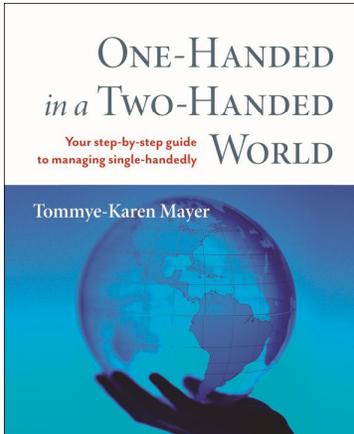
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Tommye-K. Mayer's Three Secrets to Managing Single-Handedly

The Three Secrets make it possible for you manage what most people use two hands to accomplish.



1) *Body Positioning*

The First Secret to managing single-handedly is learning how to position your body to enable you to accomplish what you want. It may be as straightforward as changing where or how you stand, or repositioning those body parts you can use so that your one hand can accomplish the project you've undertaken.

2) *Four Fingers and a Thumb*

The Second Secret is to recognize that you don't have just one hand—you have four fingers and a thumb, each of which can function independently of the others. Once you stop thinking of having just one hand and start really using all four fingers and your thumb, you can accomplish most of what you try by coupling this recognition with the First Secret . **Find out how** by Picking up your copy of "*One-Handed in a Two-Handed World, 4th edition*"

3) *Gadgets*

The Third Secret to managing single-handedly is using a "gadget" (Assistive Device). I consider gadgets the secret of last resort because, while they can be key to succeeding with specific tasks, the gadget you've come to rely on may not always be available. Some gadgets truly are indispensable, especially at home, and my suggested checklist should help you get started.

In that your experience and situation will inevitably differ from mine, or because you may be more enamored of gadgets than I am (*they make terrific gifts to give yourself or to receive*), throughout the book I offer solutions using all Three Secrets. If either Body Positioning or Four Fingers and a Thumb doesn't work for you, by all means try a gadget—one I describe, or something you discover for yourself.

Just Google **.PrinceGallison.com aStore** to check out Tommye-K. Mayer's **Ten Essential Gadgets for Managing Single-Handedly**, as well as the **10 More gadgets Tommye-K. Wouldn't Want to Do Without**

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