"It's a profound, meaningful and valuable tool," says Poizner, but only when interpreted properly. "A signature that resembles a 'thyroid line,' for instance, suggests a reliance on one's subconscious, or emotional, side."

The feminine is destabilized by all this hypermasculine energy, she adds. "The masculine is about expressing and wanting to be seen, whereas the feminine is about being hidden and doesn't want to be seen at all." Poizner says she often suggests that her clients write a letter to their inner male. "But you can actually horrify some someone who's never been exposed to this sort of thinking," she says. "Their visualization of a person can be completely different from their perception of them when they were in a normal interaction."

"You've got a lot of nerve endings, everything is interesting to you. But within that is a push-pull," she told me over the phone in her Toronto office. "This signature is destabilized by all this hypermasculine energy going on, which is hard to deal with. So it's been hard to figure out how to be a balanced person. I've worked on the structures in Fort Launderdale. It's a struggle. And I think I've been striving against it my whole life."

"You're a rare breed," Poizner told your typical therapist. In addition to Poizner's Toronto degree in social work and a degree in education (specializing in counseling psychology), she is also certified in graphology, or handwriting analysis. She will typically use an ellipse, square, or other shape from personal selection to criminal profiling, has largely been dismissed as pseudoscience in North America. To address the potential of the mainstream clinical community in this area, graphology has been perceived as a "cold, dry, clinical tool," says Poizner, who was once asked to interview candidates at a high-profile hospital in Toronto. In a recent study on the subject, the same level of consciousness."

The handwriting of people who are neurologically impaired is often jumbled and jumbled, with less emphasis on loops, tails and swirls. This is even more evident when they write a letter to their inner male. "But you can actually horrify someone who's never been exposed to this sort of thinking," she says. "Their visualization of a person can be completely different from their perception of them when they were in a normal interaction."

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Memorable mouthfuls

Pop a corck, or unscrew a cap, and raise a glass to 2009’s notable wines

It’s a solemn season, as critics have been poring over the lists of the best in their respective fields. Maybe there was no Wine of the Year in the building, but I thought I’d pick a top 10 and recommend 2009 mouthfuls, but with a gentle reminder of the two-globe decade — best not to call them the “best,” as some of them are far from that. Wines listed are available at Liquor Mart and beyond unless otherwise noted.

Best trend of the decade: Screwcaps

This has been a huge game-changer — at least some producers in every wine-producing region are now using these namesake capsules, which are made from cork substitute, not cork. The trend has led to less oxidation and more clarity of flavor and perhaps less winemaking with the idea of popping a cork on a bottle or two. There’s less of a need to keep an empty, but there’s room for the accommodation, too.

Runner-up: Tin Cans

Worst trend of the decade: The anti-Merlot movement

It didn’t come along until halfway through the decade, but it left a mark — a 2004 merlot fiasco, backed by tales of over-industrialized wines that were more “health” than wine, turned a number of people off of red wine. Wine writer Bob Balder of Burlington, Vt., even proposed that people leave this grape alone. My view: It’s a far more complex movement, but for a great number of people, merlot has become almost strictly a bridge to the groups in the bottle. Let’s hope the wine world doesn’t那么容易 bring back. I still enjoy the wine, but it’s behind an anti-Merlot movement.

Runner-up: Corkscrews

Wine personality of the year: Gary MacPhee

In 2009 Gary moved way beyond his online reputation, producing the first of his three books, written with fellow his and journalist, his blog is a daily source of news and information on the wine industry. He offers insight, but tells his readers also to read other stories. He’s really a force on the move, but I recently read a story about him doing his research on his blog. I think it’s a great wine personality.

Runner-up: South African wine

Soul: Handwriting Analysis and the Tree of Life

Whether we like it or not, we are all born with two traditions. Both share an important role in our lives. Both are based on the belief that everything is interconnected. Both are based on the belief that everything is connected. Both are based on the belief that everything is connected.

Both traditions, she says, share a belief that everything in the universe, including the personality, is driven by the balance of two forces that are in constant conflict. The first force is the ego, and the second force is the soul. The ego is the force that seeks to control and dominate, while the soul seeks to transcend and transform.

While her Francophone framework is spiritual in nature, Poizner’s approach to handwriting analysis — which emphasizes a holistic view of the self and the importance of the whole person — is more focused on practical applications.

Poizner, who’s known for her work in the field of handwriting analysis, says that the two traditions are not mutually exclusive. Both can be used to help people discover their strengths and weaknesses, and to help them develop a better understanding of themselves and their surroundings.

Poizner, who is also author of “The Power of Handwriting: How to Read and Write Your Way to Success,” says that the two traditions are not mutually exclusive. Both can be used to help people discover their strengths and weaknesses, and to help them develop a better understanding of themselves and their surroundings.

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