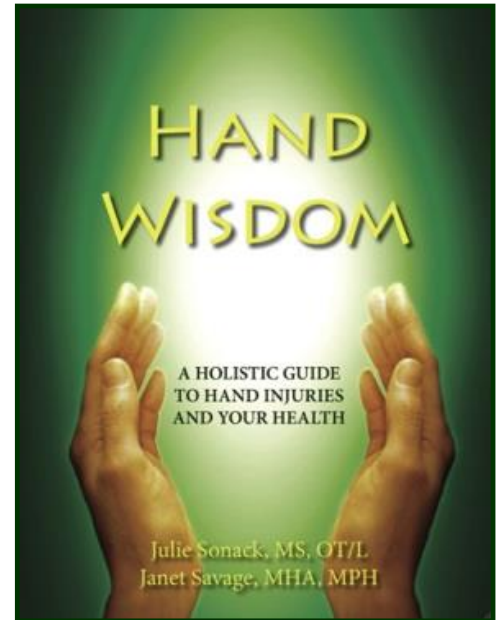


INSTRUCTIONS FOR ASSEMBLING YOUR BOOK

If you have already purchased the Hand Wisdom book in PDF form, you have the link to download it. Some assembly is required to allow for easy reference. Here are your instructions:

1. Download and copy the entire book
2. Separate the tables found on pages 8 – 96 from the rest of the book. Note that they are not in sequential order. You'll know why soon.
3. Cut them in half or take them to an office supply store to do this. Then make sure they are in order – Hand Meanings, pages 8 – 37 together and Hands Injuries/Symptoms, Pages 38 – 96 together.
4. Bind the book with the Hand Meanings on the top ½ mid section and the Hand Injuries on the bottom ½ midsection.
5. **RECOMMENDED** – you can bind the book yourself if you have the capability. If not, take the pages cut or uncut to an office supply store and order the following:
 - Cut pages as instructed above if you have not already done so
 - Ask them to add plastic cover sheet to protect the cover and a backing of some sort for protection
 - Bind – we recommend 1 inch comb-binding (plastic)
 - Pricing – we priced 2 options at a chain office supply store in the US. If store performs the above 3 bullets, the cost is under \$10; if they copy, provide a cover stock weight cover, cut the pages and all of the above, the cost is around \$18
6. Check out the [video](#) on the site where you purchased it showing how to use this book's unusual and user friendly layout.



THANKS FOR YOUR ORDER
MAY YOUR HANDS GUIDE YOU TO FULL HEALTH