

## Recommended Reading

*Your Handwriting Can Change Your Life* - Vimala Rodgers

*Ligatures, Accelerating Your Life Path* - Vimala Rodgers

*Alphabet, pen and ink - The letters of our Alphabet and how we write and think!* - Susan Govorko

*Introduction to the Letters* - Susan Govorko

*The Hand: How Its Use Shapes the Brain, Language, and Human Culture* - Frank R. Wilson

*Soft-wired: How the New Science of Brain Plasticity Can Change Your Life* - Dr. Michael Merzenic

*The Brain That Changes Itself* - Norman Doidge, MD

## Online Resources

[alphabetpenandink.com](http://alphabetpenandink.com) - Alphabet, pen and ink

[iihs.com](http://iihs.com) - International Institute of Handwriting Studies

## Research and Clinical Studies Resource List

Science News [science.news.org](http://science.news.org)

A. van der Meer and F.R. van Der Weel. [Handwriting but not typewriting leads to widespread brain connectivity: a high-density EEG study with implications for the classroom](#). *Frontiers in Psychology*. Published online January 26, 2024. doi: 10.3389/fpsyg.2023.1219945.

N.A. Herweg, E.A. Solomon and M.J. Kahana. [Theta oscillations in human memory](#). *Trends in Cognitive Sciences*. Vol. 24, March 2020, p. 208. doi: 10.1016/j.tics.2019.12.006.

P.A. Mueller and D.M. Oppenheimer. [The pen is mightier than the keyboard: advantages of longhand over laptop note taking](#). *Psychological Science*. Vol. 25, June 2014, p. 1159. doi: 10.1177/0956797614524581.

T.J. Smoker et al. [Comparing memory for handwriting versus typing](#). *Proceedings of the Human Factors and Ergonomics Society Annual Meeting*. Vol. 53, October 2009, p. 1744. doi: 10.1177/154193120905302218.

A.E. Cunningham and K.E. Stanovich. [Early spelling acquisition: Writing beats the computer](#). *Journal of Educational Psychology*. Vol. 82, March 1990, p. 159. doi: 10.1037/0022-0663.82.1.159.

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