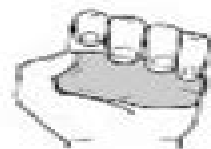
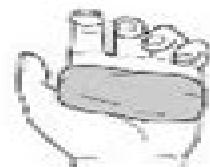
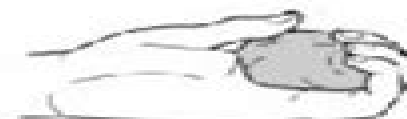


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Do each exercise _____ times, _____ times a day.

☐ **FINGER HOOK**

Make a hook with your fingers as you press into the putty.

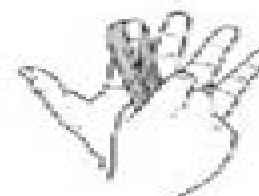
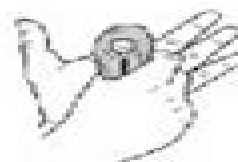


☐ **FULL GRIP**

Squeeze your fingers into the putty like you are making a fist.

☐ **FINGER EXTENSION**

Loop the putty over the end of the finger while it is bent. Try to straighten your finger.



☐ **FINGER SPREAD**

Spread the putty like a pancake over your fingers and thumb. Try to spread them apart.

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S Ben Porath



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Table of Contents Hand And Digit Theraputty Exercises

1. Understanding the eBook Hand And Digit Theraputty Exercises
 - The Rise of Digital Reading Hand And Digit Theraputty Exercises
 - Advantages of eBooks Over Traditional Books
2. Identifying Hand And Digit Theraputty Exercises
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Hand And Digit Theraputty Exercises
 - User-Friendly Interface

4. Exploring eBook Recommendations from Hand And Digit Theraputty Exercises
 - Personalized Recommendations
 - Hand And Digit Theraputty Exercises User Reviews and Ratings
 - Hand And Digit Theraputty Exercises and Bestseller Lists
5. Accessing Hand And Digit Theraputty Exercises Free and Paid eBooks
 - Hand And Digit Theraputty Exercises Public Domain eBooks
 - Hand And Digit Theraputty Exercises eBook Subscription Services
 - Hand And Digit Theraputty Exercises Budget-Friendly Options
6. Navigating Hand And Digit Theraputty Exercises eBook Formats
 - ePub, PDF, MOBI, and More
 - Hand And Digit Theraputty Exercises Compatibility with Devices
 - Hand And Digit Theraputty Exercises Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Hand And Digit Theraputty Exercises
 - Highlighting and Note-Taking Hand And Digit Theraputty Exercises
 - Interactive Elements Hand And Digit Theraputty Exercises
8. Staying Engaged with Hand And Digit Theraputty Exercises
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Hand And Digit Theraputty Exercises
9. Balancing eBooks and Physical Books Hand And Digit Theraputty Exercises
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Hand And Digit Theraputty Exercises
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Hand And Digit Theraputty Exercises
 - Setting Reading Goals Hand And Digit Theraputty Exercises
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Hand And Digit Theraputty Exercises
 - Fact-Checking eBook Content of Hand And Digit Theraputty Exercises
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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