



# One-Handed in a Two-Handed World: Your Complete Guide to Managing Single-Handedly

*Tommye-Karen Mayer*

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**One-Handed in a Two-Handed World: Your Complete Guide to Managing Single-Handedly** Tommye-Karen Mayer

Tommye-Karen Mayer survived a stroke at the age of 23 and has been managing single-handedly in a two-handed world for three decades. After a period of wondering whether she would ever again live independently, she began developing a system for how to accomplish a wide range of everyday activities of daily living one-handedly — dressing, eating, cooking, doing household chores, traveling, and much more.

*One-Handed in a Two-Handed World* is known as the "bible" for occupational therapists and other healthcare and rehabilitation professionals who work with patients who are temporarily or permanently one-handed. This is the only book of practical advice for managing activities of daily living one-handedly. It may be used by individuals who have experienced strokes or traumatic brain injury, had shoulder surgery, were born without an arm or hand, need to rest an arm for repetitive strain injuries, or have lost the use of an arm or hand as the result of injury.

It is a practical guide to a wide variety of useful devices and technology, and provides step-by-step instructions on how to accomplish each task discussed. Numerous figures show useful tools to make the tasks easier.

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