

Creative Visualization For Dummies



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In Creative Visualization For Dummies, Robin Nixon gives you the practical tools for pinpointing your goals, becoming more assertive and self-confident, and increasing energy levels and creativity—while on a new journey of self-fulfillment. Includes useful visualization techniques and exercises that help you tune into the mind/body connection

Creative Visualization For Dummies: Robin Nixon ...

Creative visualization is the basic technique underlying positive thinking. The tool is used to bring changes you desire into your life, such as achieving goals you set, modifying unwanted behaviours and enhancing positive feelings and emotions. Creative visualization is also a good tool for improving physical performance (as used by many top athletes), and enhancing [...]

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Creative Visualization for Dummies by Robin Nixon

Part of Creative Visualization For Dummies Cheat Sheet (UK Edition) Creative visualization provides you with a powerful range of techniques for dealing with real-life problems, and making the changes you want in your life. By harnessing the power of your unconscious mind and visualizing the type of person you want to be and the things you want ...

Discovering What Creative Visualization Can Do For You ...

Creative Visualization is the art of using mental imagery and affirmation to produce positive changes in your life. It is being successfully used in the fields of health, business, the creative arts, and sports, and in fact can have an impact in every area of your life.

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Self-Help g Easier! Making Everythin Creative visualization is a lot like something we all do every day of our lives: daydreaming. The big difference is that creative visualizers have learned to make their daydreams come true by tapping into the unconscious mind's awesome power to positively shape and focus thoughts and behaviours.

Creative Visualization For Dummies (For Dummies ...

Creative Visualization for Dummies (Book) : Nixon, Robin : WILEYThe secret to getting exactly what you want from life — from the man who has! A businessman who has built up, owned and sold software companies, a nightclub, a bed and breakfast (plus a couple of alehouses), author Robin Nixon knows that worldly success has little to do with the world.

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