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The Complete Idiot's Guide to Creative Visualization

Shari L. Just, Carolyn Flynn

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If you can envision it, you can make it happen ?

Creative visualization is the technique of using the imagination to identify goals and then making them a reality. It?s more powerful than sheer drive because it works in harmony with the positive energy of the universe. *The Complete Idiot?s Guide to Creative Visualization* helps readers visualize?and then actualize?their best and brightest lives.
-Filled with techniques and exercises that reveal the power of visualization
-Offers suggestions, guidance, and tips to inspire the imagination
-Follows the path of the book that launched the creative visualization movement nearly 30 years ago and adds such New Age elements as meditations and affirmations
-Creative visualization offers something for those interested in the New Age movement, spirituality, and self-improvement

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