

1. Record Nr.	UNINA9910150293003321
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Titolo	Creative visualization : use the power of your imagination to create what you want in your life / / Shakti Gawain and Marci Shimoff
Pubbl/distr/stampa	Novato, California : , : Nataraj Publishing, a division of New World Library, , [2002] ©2002
ISBN	1-60868-465-2
Edizione	[First edition.]
Descrizione fisica	1 online resource (120 pages)
Disciplina	153.32
Soggetti	Visualization Affirmations Self-actualization (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	As introduced by Shakti Gawain to more than seven million readers worldwide, creative visualization is the art of using mental imagery and affirmation to produce positive changes in your life. Gawain's clear writing style and vivid examples make Creative Visualization easy to read and apply to your personal needs and wants. This groundbreaking work has found enthusiastic followers in every country and language in which it has been published, and Gawain's simple yet powerful techniques are now used successfully in many diverse fields, including health, education, business, sports, and the creative arts. Whether you read it for general inspiration and empowerment or to achieve specific goals (financial, creative, medical, career, relationship), Creative Visualization remains a profoundly powerful resource from a uniquely warm and wise teacher.