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Autore	Gawain Shakti <1948-2018, >
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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.