

## Imagine Yourself Well: A Practical Guide to Using Visualization to Improve Your Health and Your Life (Paperback)



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### ***Reviews***

*Extensive guideline! Its this kind of very good study. It really is full of knowledge and wisdom I discovered this book from my i and dad encouraged this publication to understand.*  
*(Mr. Jerry Littel)*

## **IMAGINE YOURSELF WELL: A PRACTICAL GUIDE TO USING VISUALIZATION TO IMPROVE YOUR HEALTH AND YOUR LIFE (PAPERBACK)**



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Rainbow Ridge, United States, 2014. Paperback. Book Condition: New. 208 x 135 mm. Language: English . Brand New Book. Normal 0 false false false EN-US X-NONE X-NONE /\* Style Definitions \*/ table.MsoNormalTable This book offers simple, free, effective techniques to improve your health and your life. It will show you how to live without fear, knowing that you are not helpless before accident, and disease, and injury. But more than that, it moves into issues beyond health, because all parts of life are connected, no matter how it may appear. Correct internal imbalances and you will see external circumstances change. There are four key parts: Thinking Differently, because for you to change your health, you must be able to envision new possibilities. To do that, you need a reason to change what you believe. Taking Charge provides the framework and techniques you need to go from being a passive observer of your health to an active creator and shaper of patterns. Living Right broadens the application of framework and techniques, because your life is about more than health alone. What Can Be Done offers insights and suggestions as to what's really going on with our health and with our lives. Above all, it offers encouragement, and wraps up the how of imagining yourself well. It is true, what is promised here: You can do this.



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