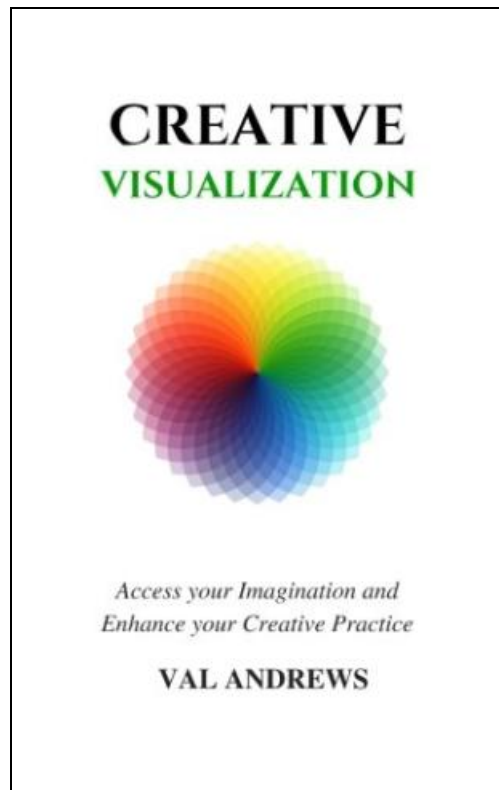


Creative Visualization: Access Your Imagination and Enhance Your Creative Practice



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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.

(Kade Ankunding)

CREATIVE VISUALIZATION: ACCESS YOUR IMAGINATION AND ENHANCE YOUR CREATIVE PRACTICE

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.For centuries, creative visualization has been used in meditation to focus the mind. In more recent times, its been used to help people achieve their goals and enhance their performance. Building on these approaches, this book offers a series of unique exercises to help the reader access the deepest part of their imagination and bring their creative practice to a new level. To suggest that your internal resources and imagination comprise a gold mine is an understatement. Almost everyone has a wealth of untapped potential that can be accessed through creative visualization techniques and this book will help them do it. Research demonstrates that creativity is a natural part of the human condition and those who choose to engage with their creativity tend to experience greater levels of happiness and well-being. There's also substantial evidence demonstrating that creative individuals tend to perform better at work, and that organizations harnessing the creativity of their people tend to be more competitive in the global marketplace. That said, this book is written for the individual, for the person who wants the time and space to think these things through for themselves, to explore their own imagination and enhance their own creative practice in whatever form that may take. Part 1 of this book asks the reader a series of questions to help them understand their own thoughts about creativity and explore ways in which they can bring creative approaches to the work they do. It also offers the reader a broad introduction to the key concepts associated with creative visualization and meditation while drawing on the scientific research about creativity. The myth of the creative genius is blown...



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