



## Creative Visualization: Access Your Imagination and Enhance Your Creative Practice

By Val Andrews

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...



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