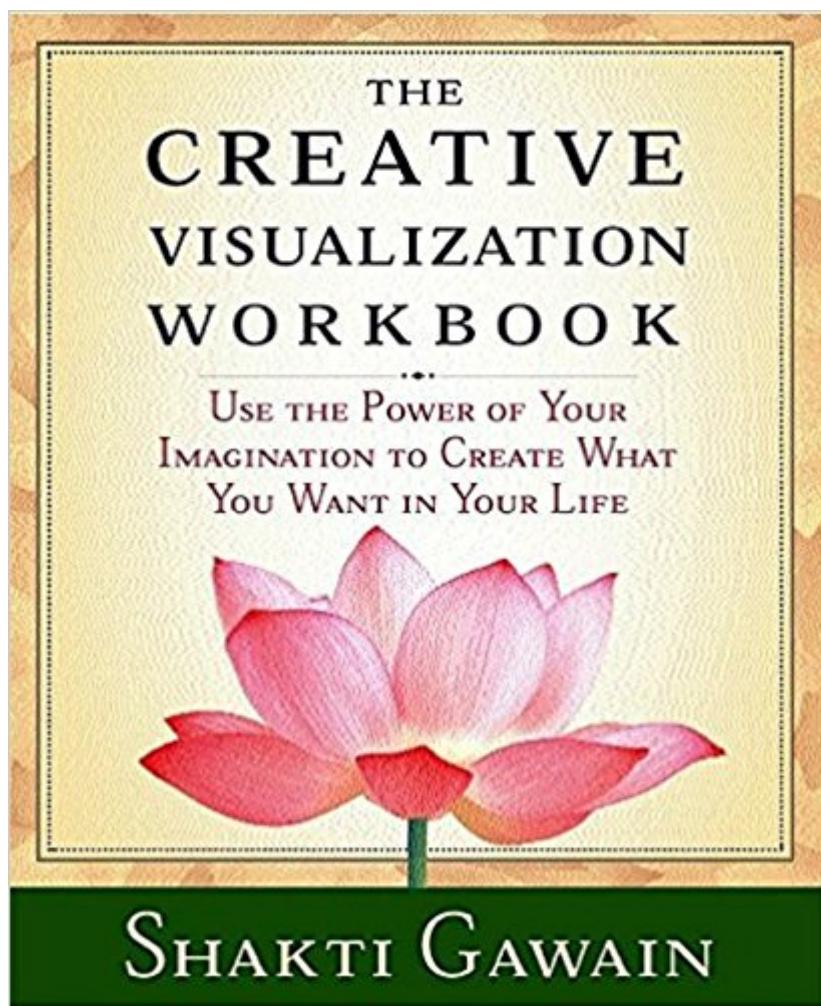


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# The Creative Visualization Workbook: Second Edition (Gawain, Shakti)



## **Synopsis**

Newly updated, revised, and redesigned, this popular workbook companion to Gawain's phenomenally successful guide to personal growth and fulfillment offers readers hands-on methods for designing and implementing a completely individualized blueprint for positive change.

## **Book Information**

Series: Gawain, Shakti

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Average Customer Review: 4.7 out of 5 stars 57 customer reviews

Best Sellers Rank: #265,173 in Books (See Top 100 in Books) #109 in Books > Health, Fitness & Dieting > Psychology & Counseling > Experimental Psychology #893 in Books > Religion & Spirituality > New Age & Spirituality > New Thought #1277 in Books > Science & Math > Behavioral Sciences > Cognitive Psychology

## **Customer Reviews**

There were a lot of good reviews for this book and bought this book from . Initially, it was not what I had expected, I was disappointed with this book. Then I forced myself to read through this book (just a few pages) and I also forced myself to follow a few of the methods that were mentioned in the book. It did really work for me. I followed the affirmation technique (in my own way, whenever I had time and did not schedule any specific time in the morning or night), it was very effective. I was amazed at the results. This book is worth trying and I am sure all the good reviews about this book are correct. I have not read the full book or practiced the other techniques though.

I bought this book 6 times it's great for creative visualization it so well written I bought this for gifts for my friends I keep running out of copies LOL always get fast service from

I bought this on the recommendation of a friend who used it successfully. The author and her exercises proved good insight into one's mindset and how to gradually change it using creative

visualization.

I have had this book for many years and have used all its ideas to create the life of my dreams! Please do try out all the techniques! They are all safe and effective!

recommend to everyone

This is the second time that I buy this book. It's such a great tool, especially at the start of the year!

very, very, good

Fun book to read! I enjoyed it and it inspired me.

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