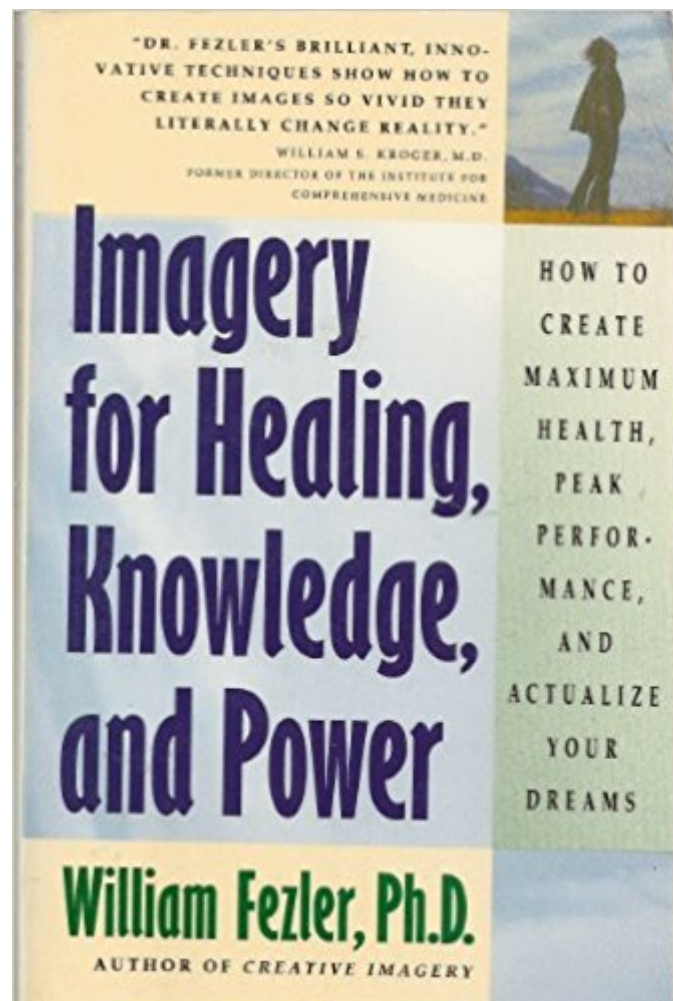




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Imagery For Healing, Knowledge, And Power



Synopsis

"Dr. Fezler's brilliant, innovative techniques show how to create images so vivid they literally change reality." - William S. Kroger, M.D.

Book Information

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Customer Reviews

"Dr. Fezler's brilliant, innovative techniques show how to create images so vivid they literally change reality." - William S. Kroger, M.D.

This was the first book I read about visualization - probably 20 years ago. It really was a wonderful start to being able to focus my mind, slow time, etc. The first few chapters explain the method of visualization/relaxation, and the latter chapters elucidate the different possible scenarios and problem-solving capacity of visualization. This practice has proved to be a solid foundation for my current meditation practice. I highly recommend this book!

This book can open can help you in a lot of ways. Probably one of the best books about visualization. Highly recommended!

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