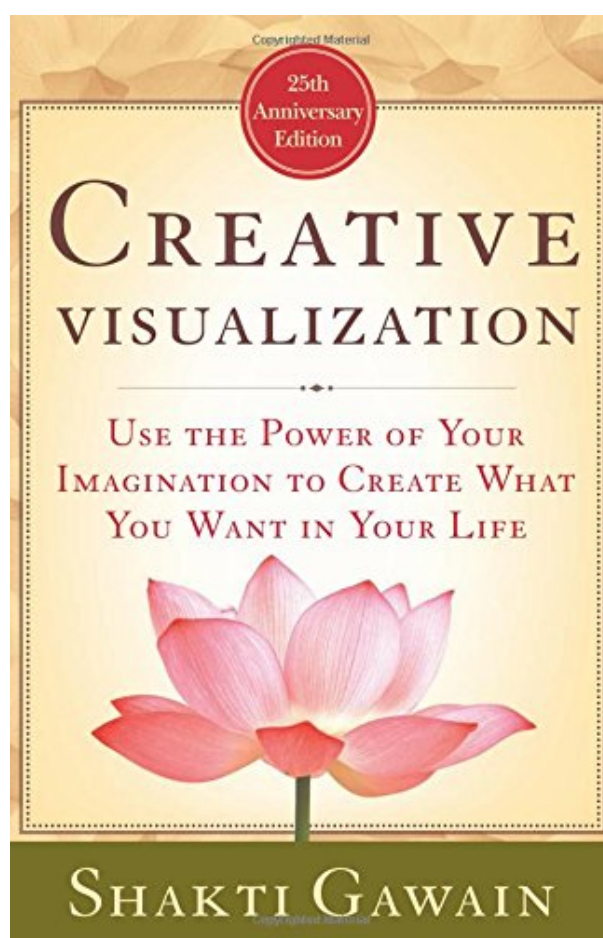
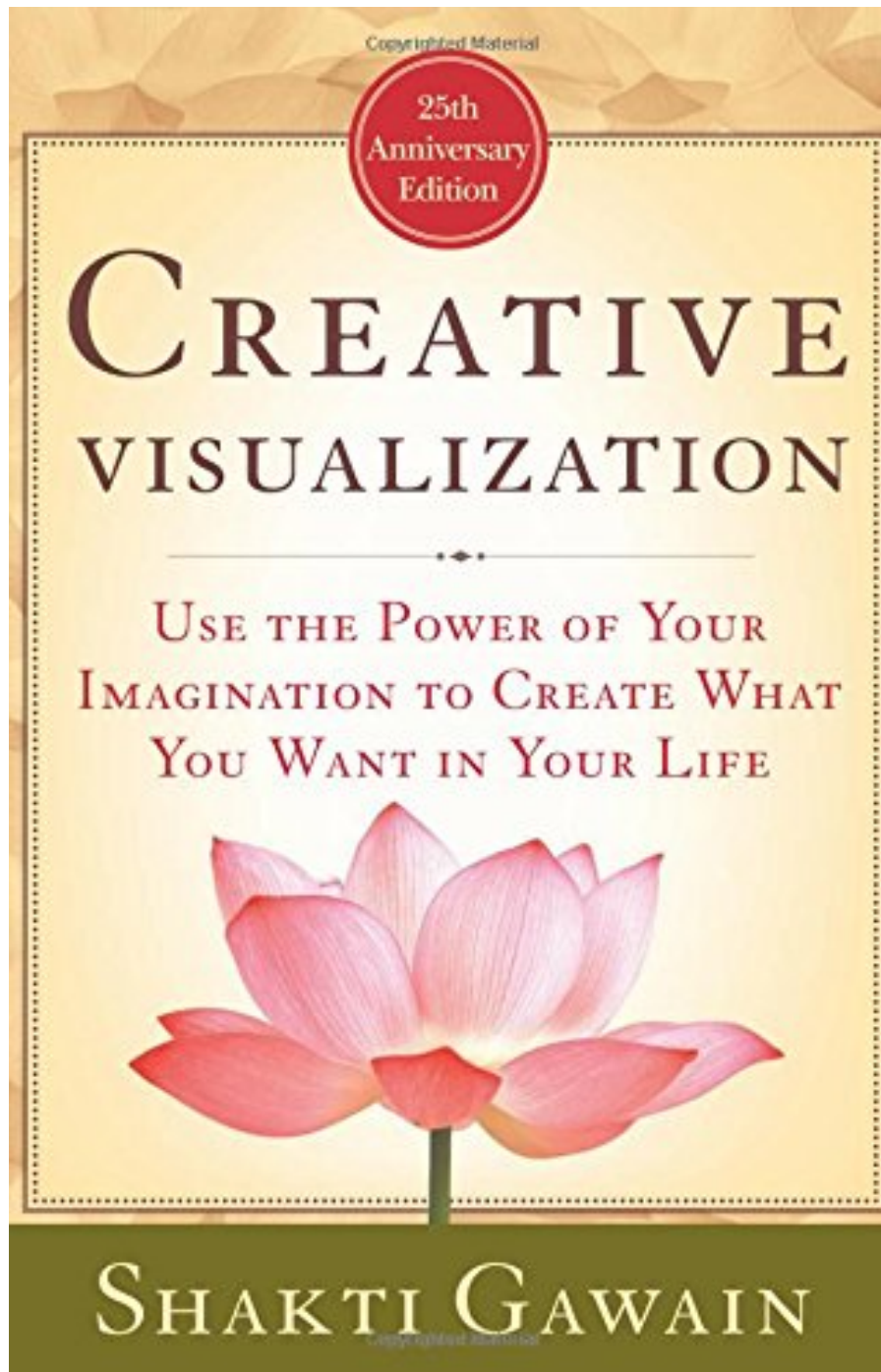


**CREATIVE VISUALIZATION: USE THE
POWER OF YOUR IMAGINATION TO
CREATE WHAT YOU WANT IN YOUR LIFE
BY SHAKTI GAWAIN**



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Amazon.com Review

When it comes to creating the life you want, Shakti Gawain literally wrote the book. Now considered a classic, Creative Visualization teaches readers how to use their imaginations to manifest their deepest desires. In a straight-talking narrative, Gawain uses the first part to cover the basics, with chapters such as "How to Visualize," "Affirmations," and "Creative Visualization Only Works for the Good." Once she shows readers how visualization actually works, Gawain moves on to loftier discussions, such as "Contacting Your Higher Self," "Meeting Your Guide," "Setting Goals," and "Treasure Maps."

Fear not; this isn't a spiritual-lightweight book for people with a severe case of the "gimmies." Gawain has her priorities in the right place, and she cautions readers that creative visualization will not serve greed or shallow-minded thinking. For example, she discourages the cycle of trying to have more money, so you can do what you want in life, so you will be happier. "The way it actually works is the reverse," she explains. "You must first be who you really are, then do what you need to do, in order to have what you want." Yet she also writes an excellent chapter on letting go of the misguided guilt that inhibits readers from becoming truly prosperous. --Gail Hudson

From Library Journal

Gawain's self-help title has sold more than three million copies in English and another three million in the more than 30 languages into which it has been translated. According to the publisher, this revised anniversary edition contains additional "meditations, exercises, and techniques that can become part of your everyday routine." The author asserts that people can achieve an ideal existence simply through mental visualization.

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Review

"I do believe, and I have seen in my own life, that creative visualization works."

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CREATIVE VISUALIZATION: USE THE POWER OF YOUR IMAGINATION TO CREATE WHAT YOU WANT IN YOUR LIFE BY SHAKTI GAWAIN PDF

Creative Visualization has been successfully used in the fields of health, education, business, sports, and the arts for many years. Gawain explains how to use mental imagery and affirmations to produce positive changes in one's life. The book contains meditations and exercises that are aimed at helping the practitioner channel energies in positive directions, strengthen self-esteem, improve overall health, and experience deep relaxation. This is the book that launched a movement. "Creative visualization works." — Oprah Winfrey

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Features

- New World Library

Amazon.com Review

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visualization.

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Review

“I do believe, and I have seen in my own life, that creative visualization works.”

— Oprah Winfrey

Most helpful customer reviews

22 of 23 people found the following review helpful.

This book helped me to change my life.

By Amazon Customer

I was stuck in a rut. I had been living like there was no tomorrow until I was 27, which is the year that everything came home to roost and I started to long for something more than what I had. I had no idea how to live differently. In fact, when I met people who had careers and relationships and homes I sort of despised them because I imagined they had been lucky, or that they had been handed an easy life somehow. I had these big dreams when I was a kid, and then I had some bad things happen to me and I gave up.

I don't remember how I found this book. It might have been in a used bookstore. But I am so glad I did. I took it to heart even though I tend not to believe in anything "frou frou". I did the exercises and started to visualize the future I wanted. Then an amazing thing happened...I started taking the steps that needed to happen to get the life I envisioned. It wasn't an overnight process, and I had to work hard. Sometimes it was a painful process. But it was real, and lasting. It worked.

Fast forward seven years. I literally have everything I wanted and visualized. I finished my bachelor's degree and completed a master's degree. I am a scientist, as I always dreamed and I love my job. (Seven years ago, I was a receptionist - nothing wrong with that, it's honest work - but it wasn't my dream.) I met my husband soon after I started visualizing and we've now been married for almost six years, with a beautiful four year old. (Seven years ago I'd never had a long term relationship and had a constant broken heart.) I own a house and a new car and I have great credit. I have a good relationship with my parents. I don't touch alcohol or drugs. I am thin and fit and honestly I look better than I have in ten years. I am deeply content and often very happy. I'm grateful for everything, and I try to help others when I can.

Maybe you won't have the results I did, but I bet you will if you put your mind to it. I bet you have goosebumps right now if you want something more for yourself! You deserve it. Go for it. I'm cheering you on!

7 of 7 people found the following review helpful.

The only book on this subject you will ever need!

By jsieli

This book is small but very rich in it's content, not a single page of filler. This is the only book on The law of attraction you will ever need. It's very detailed and contains many easy to use meditations and exercises to help you attain your goals. It tells you about treasure maps and vision boards. It's a book for everyone from beginners to people more deep into their journey. It also tells you how and why creative visualization works in a way you will actually understand. So what are you waiting for? Buy and read this book now, you won't be sorry!!

3 of 3 people found the following review helpful.

Imagination Building Book

By Stella Carrier

Creative Visualization: Use The Power Of Your Imagination To Create What You Want In Life by Shakti Gawain contains multiple and inventive channels for creating and implementing goals. How to visualize, challenges associated with visualization, four basic steps for effective visualization, contacting your higher self, and setting goals are among the various areas covered in the book. There is also an accompanying cd to go along with the book and it currently comes separate from the book, but there is also The Creative Visualization Workbook by Shakti Gawain that is publicly available for purchase.

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Review

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— Oprah Winfrey

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