



Creative Visualization and Self-Hypnosis: How to Use the Power of Your Imagination and Self-Hypnosis to Create What You Want in Life

Tim Reid

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Do you want happiness, wealth, loving relationships, and overall success in life? Well, all of these are possible when you have the proper desire and intention. However, desire and intention alone are not enough to manifest what you want into existence. You must be able to paint a vivid mental picture of exactly what you want out of life. Creative visualization will allow you to do this. Creative visualization is a technique that enables you to use mental imagery and your imagination to create and visualize scenarios in your mind's eye. This is important; it helps you create or change energy patterns to bring forth your goals and desires.

Another technique that you can also use to create or change your energy patterns to manifest your goals and desires is self-hypnosis. Self-hypnosis is a means of reprogramming your mind so that you can be the person that you want to be. In his audiobook entitled *Creative Visualization and Self-Hypnosis*, author Tim Reid shows you how to use the power of your imagination and self-hypnosis to create what you want in life.

You will learn:

- What creative visualization is
- How creative visualization can benefit you
- The techniques for effectively practicing creative visualization
- Methods for strengthening your mind
- What self-hypnosis is
- The benefits of self-hypnosis
- Techniques for practicing self-hypnosis effectively
- Methods for improving your ability to conduct self-hypnosis
- And much, much more

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