



Visualize Confidence: How to Use Guided Imagery to Overcome Self-Doubt

Kirwan Rockefeller PhD

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Visualize a More Confident, Capable You

To achieve, you have to believe. It's that simple. If you can picture yourself doing something difficult or challenging, you'll have a better chance of making it happen because you'll have confidence in your ability to succeed. This book offers you proven-effective skills for developing the confidence you need to turn your dreams into reality through the use of guided imagery.

The guided imagery process couldn't be simpler or more powerful: you develop a rich picture in your mind of whatever it is that you want to happen. Research suggests that visualization stimulates the brain in many of the same ways as actual experience. When you visualize, you prepare yourself to experience your goal, developing self-confidence and conviction as you go. You'll gain renewed optimism, learn anti-worry strategies, and use your imagination to foster the calm and poise you need to feel confident, competent, and assured. The mind-body techniques in the book include guided imagery, meditation, creative visualization, and personal rituals and exercises.

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