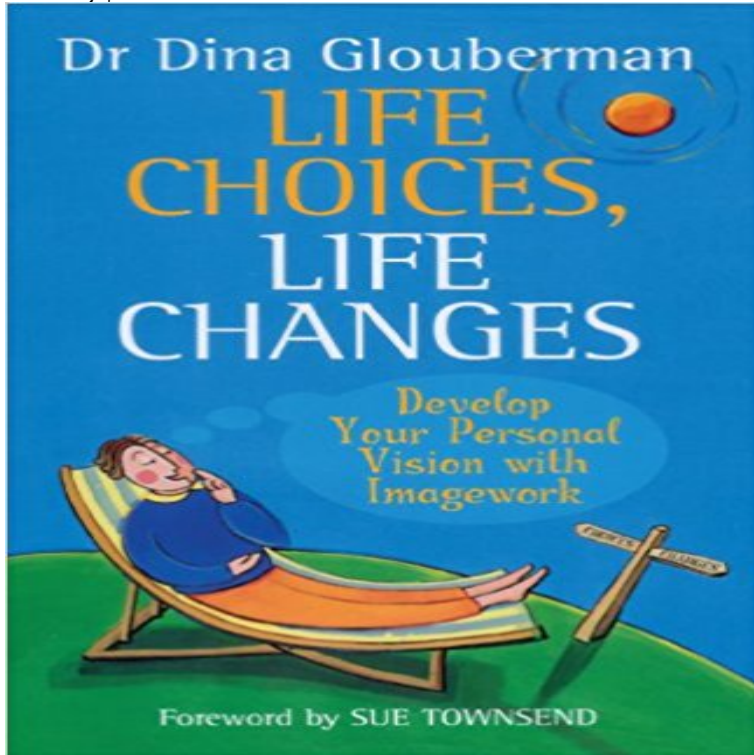


Life Choices, Life Changes: Develop Your Personal Vision with Imagework



Whatever you create in life - whether it is a wonderful meal, a multinational corporation or a passionate love affair - begins as an image in your mind. In this book, Dina Glouberman explains how each of us can use the incredibly effective practice of imagework as a self-help tool to uncover our own personal vision for changing our life for the better. Her innovative approach synthesizes imagery, visualization and counselling techniques and provides the practical techniques for understanding where we are now in our life and how to get to where we want to be. Applicable to all areas of life, from self-image, relationships and health to work and managing money, it is aimed at anyone wanting to make the best of themselves.

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