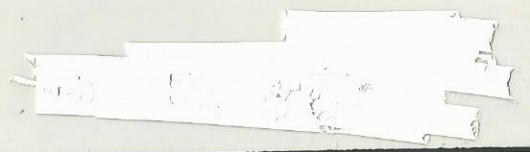
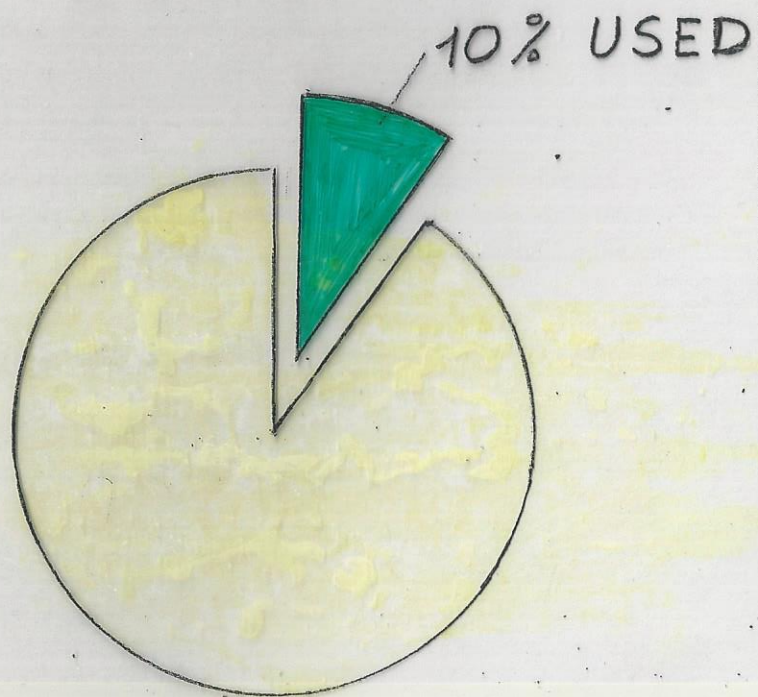


HOW TO VISUALIZE A BETTER LIFE



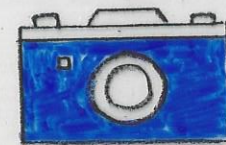
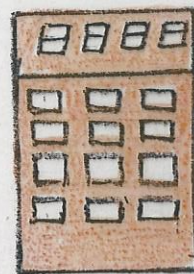
WHAT VISUALIZATION IS

BRAIN

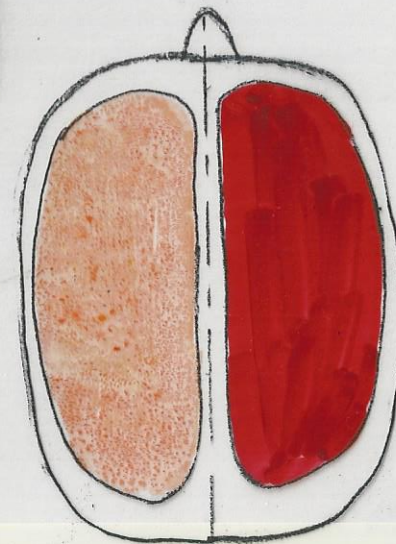


90% READY TO USE

2 HEMISPHERES



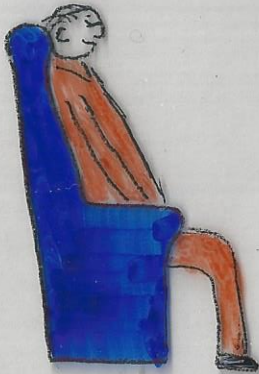
LEFT



RIGHT

HOW TO PRACTICE STEPS 1,2,3

① RELAX



② VISUALIZE COLOURS

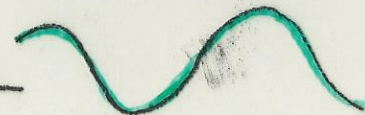


③ COUNT DOWN 21 TO 1

BETA



ALPHA

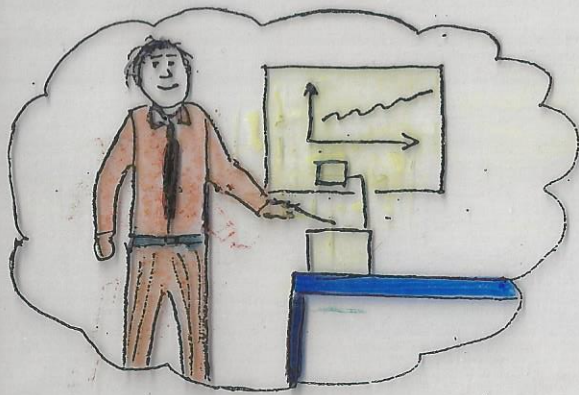


GO INSIDE
YOURSELF

HOW TO PRACTICE STEPS 4,5,6

④

MAKE YOUR FILM



⑤

PROGRAM
YOUR MIND
WITH
POSITIVE
PHRASES

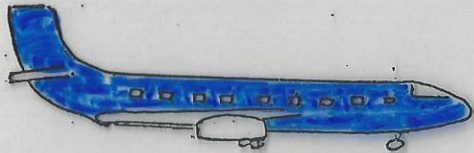
⑥

VISUALIZE
COLOURS



HOW VISUALISATION WORKS ON THE JOB

IMPROVING DESIGN



MAKING A SALE



ORGANIZING MEETING

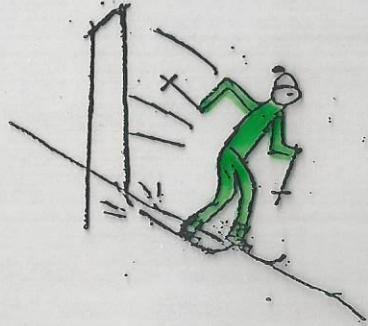


MAKING A REPAIR

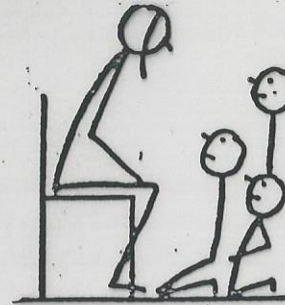


HOW VISUALISATION WORKS AT HOME

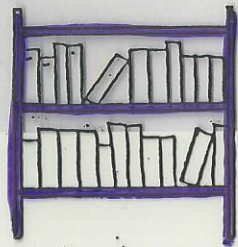
LEARNING A SKILL



UPGRADING RELATIONSHIPS



EDUCATING CHILDREN



SPEEDING UP D.I.Y.



VISUALISATION IS THE KEY TO SUCCESS

