



Healing and Transformation Through Self Guided Imagery

Leslie Davenport

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A guide to healing from trauma and crisis through the transformative potential of creative visualization techniques.

Tapping into the heart's wisdom through creative visualization is an ancient practice, but today guided imagery is used as an adjunct to conventional medical therapies for health issues ranging from cancer and heart disease to post-traumatic stress disorder and addiction. This inspiring guide provides contemporary techniques for using it to transform moments of pain, emotional turmoil, and interpersonal conflict into opportunities for growth and self-realization.

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