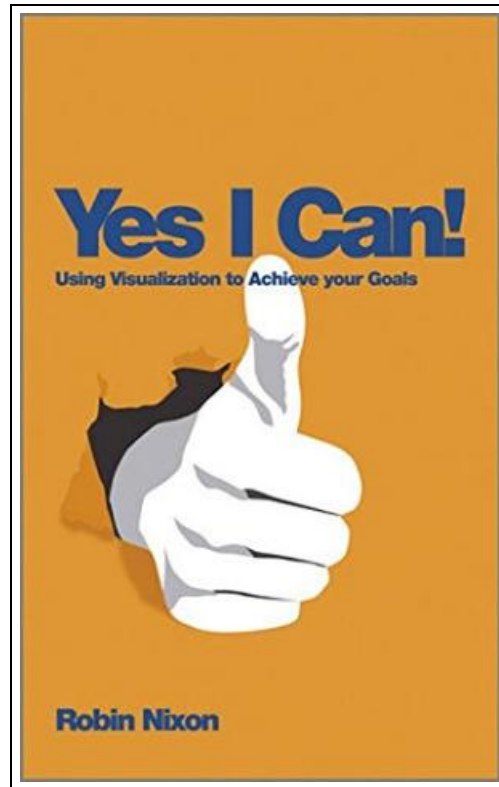


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YES, I CAN!: USING VISUALIZATION TO ACHIEVE YOUR GOALS



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John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Yes, I Can!: Using Visualization to Achieve Your Goals, Robin Nixon, Yes I Can! is for anyone who ever said, I wish I could be like that person. Deep down we know that we all have the potential to be that person , but achieving it seems impossible in practice. Well it s not impossible - you have the power to dramatically change your life. You can become more confident and motivated and find greater focus and direction in your life. You can become a better leader or manager and fill yourself with positive energy. You can lead the fulfilling life you have always dreamed of, and much more. See yourself as successful. Be successful. You have the power to change your life in ways that you may not even realize. As long as you can see where you want to be, or what you want to achieve, then you can make it happen. All you need to do is set aside a few minutes a day to visualize what you want to change or improve, and you ll find the focus and direction to get what you want. Using the power of creative visualization and other well-understood psychological techniques, you ll find this book is packed with practical, real world examples of changes that you can achieve in your life, using tried and tested techniques that have been demonstrated to be highly effective in numerous controlled studies. Yes I Can! contains simple, easy-to-follow, five minute exercises developed by motivation expert Robin Nixon, which have worked wonders for thousands of others now it s time to make them work for you. How this book will change your life By following the exercises in this book, you'll learn how to...

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