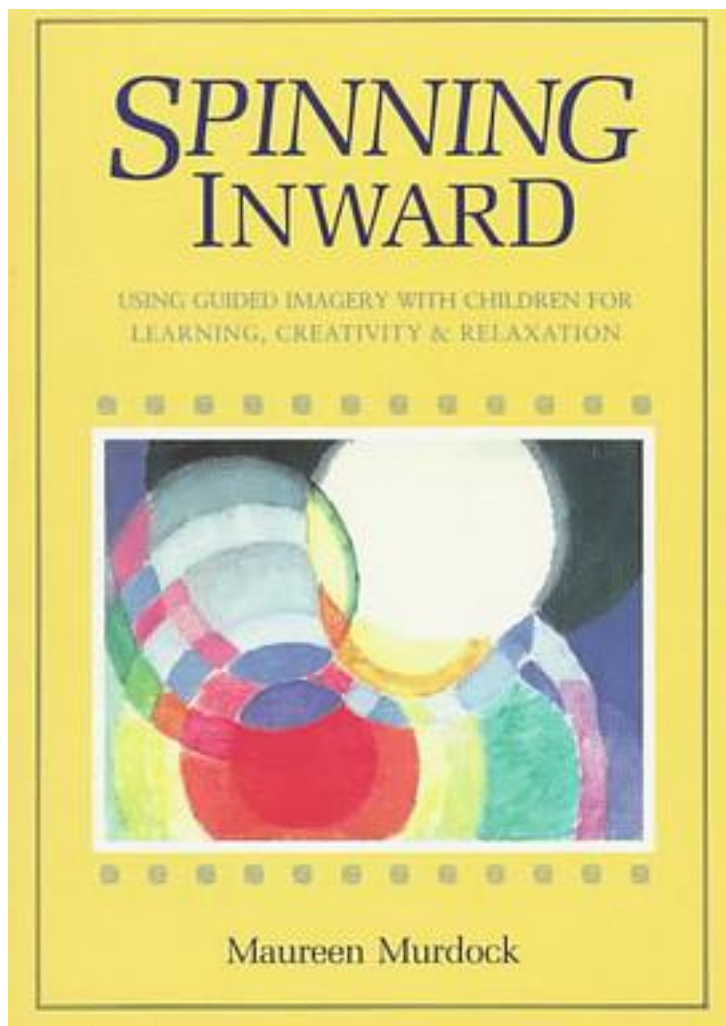


SPINNING INWARD



[SPINNING INWARD_ 下载链接1](#)

著者:Murdock, Maureen

出版者:Random House Inc

出版时间:1987-11

装帧:Pap

isbn:9780877734222

If you have ever wished you could show children and teenagers how to enrich their

lives with meditation and visualization, this book will delight you. It presents simple exercises in guided imagery designed to help young people ages three through eighteen to relax into learning, focus attention and increase concentration, stimulate creativity, and cultivate inner peace and group harmony.

The use of guided imagery has been internationally recognized as an effective method of "whole brain" learning. The author's approach will have special appeal to parents and teachers who are frustrated by an educational system that seems to reward only those children who excel at verbal, linear learning. With the exercises in this book, young people can discover learning styles that are effective and enjoyable for them. These techniques of guided imagery offer adults as well as children a unique way to tap the wealth of creativity and wisdom within.

作者介绍:

目录:

[SPINNING INWARD_下载链接1_](#)

标签

psychology

评论

Great resource for guided imagery in therapy! Applicable to all age groups.

[SPINNING INWARD_下载链接1_](#)

书评

[SPINNING INWARD_ 下载链接1](#)