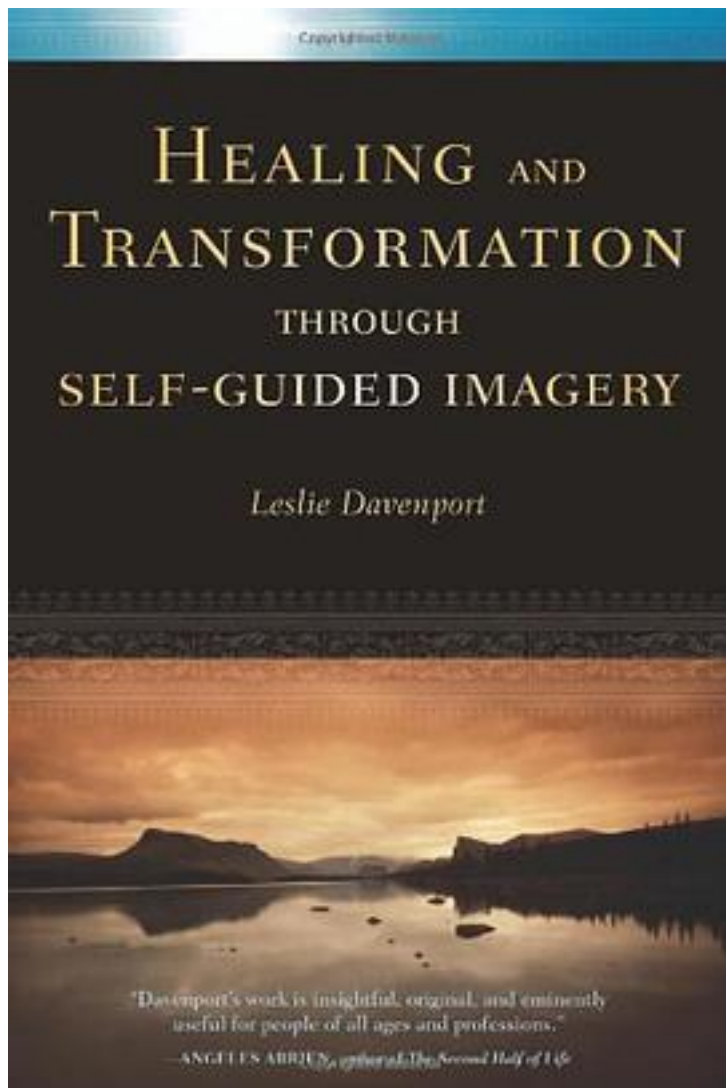


Healing and Transformation Through Self-guided Imagery



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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.

"Her work is insightful, original, and eminently useful for people of all ages and professions." --Angeles Arrien, PhD, author of *The Second Half of Life* *Reviews* "Get a deeper look inside yourself."—Body+Soul

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