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Foreword

Visualization refers to the practice of seeking to impact the outer world by altering one's thoughts and expectations. Visualization is the fundamental technique underlying positive thinking and is frequently utilized by athletes to enhance their performance. Visualization is the technique of utilizing one's imagination to visualize particular behaviors or events occurring in one's life. Get all the info you need here.



Visualization Manifesto

An Inside Look At Manifesting With Visualization

Chapter 1:

Intro

Synopsis

Advocates propose producing a detailed schema of what one wants and then visualizing it again and again with all of the senses (i.e., what do you see? what do you feel? what do you hear? what does it smell like?). For instance, in sports a golfer might visualize the perfect stroke again and again to mentally train motor skills memory.

