



Imagine: Using mental imagery to reach your full potential

Dr Lydia Ievleva

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Much of how we think, feel and behave is dictated by the images of our mind. Imagine is one of the first books on the market to provide a practical and comprehensive guide to understanding and using the power of positive mental imagery to help people achieve goals and reach their full potential. Dr Lydia Ievleva has extensive experience incorporating the application of mental imagery into her work with a wide range of clients, including athletes, business and health professionals. Drawing from her broad experience in Health, Sport and Performance Psychology and Positive Psychology she has effectively used the techniques to facilitate change. She says: You can think of imagery like a screenplay -- you can allow life to play you; or you can take a more active role in your destiny. Actively and consciously creating your inner scripts, by engaging in positive mental imagery will enhance your chances of reaching your full potential, overcoming obstacles, and flourishing. Imagine provides a combination of information and research and practical scripts and guides to show people how to achieve their goals, eliminate obstacles and create their best self. Featuring numerous case examples, it is a practical and accessible book that will appeal anyone wanting to accelerate change and improve their lives.

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