

Title:

Become The Star, Director, And Writer Of Your Future.

Word Count:

477

Summary:

One of the secrets of success is to not work so hard with your physical body; instead, use your

By deliberately mentally rehearsing the experience of success in your mind, you can turn aspirin

Keywords:

self help, self-help, habits, smoking, nail-biting, life-changing, habit, self improvement

Article Body:

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ease.

Success experts say your imagination is your own personal workshop of the mind. This is particu

Visualize Yourself as the Person You Want to Be with Mental Rehearsal.

Mental rehearsal is the most powerful way to tap into your creative process and overcome old b

Mental rehearsal is a tool that can help you reduce the effects of stressful situations. Now y

Use visualization to improve your abilities. Because the body follows the mind, if you start s
powerful tool?

Counselors and therapists who recommend using mental rehearsal say it is the true key to tap y

You use your mind to picture the activity before you actually perform it. Think of it like thi

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