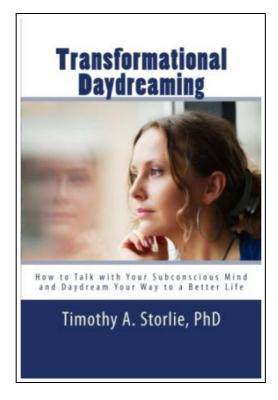
# Transformational Daydreaming: How to Talk with Your Subconscious Mind and Daydream Your Way to a Better Life (Paperback)



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# TRANSFORMATIONAL DAYDREAMING: HOW TO TALK WITH YOUR SUBCONSCIOUS MIND AND DAYDREAM YOUR WAY TO A BETTER LIFE (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*Dr. Storlie explains how you can communicate with your subconscious mind-the super-intelligence within you-using mental imagery, contemplation and daydreaming. Using his unique 7-step process, you ll learn to request and receive help from the power of your subconscious mind and create a better personal and/or professional life. This book incorporates accelerated learning methods so you can quickly deepen your understanding of how to use contemplation, daydreams, and daydreaming to improve nearly any aspect of your life. Timothy provides you with 22 tools that you can use to help create a better future in 37 different areas of your life. You ll learn methods to accelerate learning; become a daydreamer, improve physical, emotional, sexual, and mental health; improve communication, relationships, and parenting; increase leadership qualities; improve professional and business skills; enhance artistic or sports performance; experience more creativity, fun, fantasy, entertainment, romance, eroticism, and intimacy; enjoy a more meaningful life; and achieve a greater degree of personal fulfillment. Transformational daydreaming is grounded in three core beliefs: (1) You can develop a working relationship with your subconscious mind; (2) You can ask your subconscious mind for help by contemplating while in an altered state of awareness; and (3) Your subconscious mind can communicate advice, insight, and information to you using the symbolic language of daydreams. In the hope and desire for a better life, individuals, couples, parents, students, teachers, trainers, healthcare professionals, business leaders, writers, musicians, engineers, designers, architects, performing and creative artists, sports enthusiasts, and countless others use relaxation, mental imagery and visualization, altered states of awareness, contemplation, and daydreaming as part of their creative process. Now, thanks to Dr. Storlie, you can too!.

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