



## **Transformative Imagery: Cultivating the Imagination for Healing, Change and Growth**

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# Transformative Imagery: Cultivating the Imagination for Healing, Change and Growth

## Transformative Imagery: Cultivating the Imagination for Healing, Change and Growth

Guided imagery is a transformative practice for reducing stress, healing mind and body, and improving performance. This definitive collection brings together leading pioneers in the field of guided imagery to share its theory, practice and history.

Readers are introduced to the extensive uses of imagery, from its medical application for pain relief, cancer care and other physical healing, through its significant contribution to mental health and depth psychology, to its application within the arts and as a vehicle for social change. An exploration of the place of imagery within spiritual and religious traditions includes a never before published guide to the internal alchemy of Daoist imagery.

*Transformative Imagery* will enable professionals to tailor guided imagery to their individual practice, demonstrating how to use it with people of all ages, from chronic pain patients to athletes to combat veterans and for both mental and physical health.

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