



The Complete Idiot's Guide to Vision Boards

Marcia Layton Turner

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Train the brain with visions of success for this book....

A Vision Board is a board for pasted images representing goals the creator wants to accomplish, made so that he or she might attain them. They are garnished with everything from photographs to 3-D objects. This book shows the steps to: imagining the desired results (from the perfect mate to improved health); breaking through obstacles to transformation; visualizing an improved future; and using the Vision Board to 'retrain the brain'.

?Step-by-step lessons on crafting the Vision Board are geared for any reader, regardless of creativity or artistic skill

?Includes a full-color insert with examples and instruction

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