



Handbook of Visualization: Utilize Your Daydream and Turn It into Reality

Benny Zhang

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There are a lot of self-development books that suggest or advice to do visualization, but they never cover how to do visualization. There are a lot of books advice you to imagine yourself in abundance, imagine you are riding your dream car, imagine yourself in ideal body, imagine whatever you want to be, do, and have, but let me ask you this, "What the different of those with daydreaming?"

Visualization is a method to manifest your dream in very simple way, you just have to imagine or visualize your dream in your mind. Not all people know that visualization is a suggestive idea, so actually we use visualization to persuade our subconscious mind in order to achieve what our desires.

And how to use visualization is same like affirmation, by repeating a certain script, we could program our subconscious mind. After all the repetition is the best way to program subconscious mind. Most books or even seminars never taught how to create a visualization script.

Handbook of Visualization: Utilize Your Daydream and Turn It into Reality provides:

1. How visualization works
2. How to create a visualization script
3. How to start your visualization session
4. How to overcome a negative emotion
5. What is the real creative visualization
6. What is the real purpose of visualization
7. What actually happens in subconscious mind after you visualize
8. And much more

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Jean McFerren:

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