



# Guided Imagery for Groups: Fifty Visualizations That Promote Relaxation, Problem-Solving, Creativity, and Well-Being

*Andrew E. Schwartz*

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**Guided imagery** is a powerful tool for promoting change and growth within a group. *Guided Imagery for Groups* contains everything you need to use this technique with any audience, in any setting. Fifty scripts addressing issues of:

- **Calming**
- **Centering**
- **Clarity**
- **Creativity**
- **Congruence**
- **Coping**
- **Connectedness**

Also includes tips on using group dynamics to enhance individual learning.

This is a resource you'll reach for again and again.

**Fifty visualizations** that promote relaxation, problem-solving, creativity, and well-being Transform people's natural tendency to daydream into a powerful tool for:

**Managing stress**

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