



Yes, I Can!: Using Visualization To Achieve Your Goals

Robin Nixon

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Why you need to read this book

Yes I Can! is for anyone who ever said, "I wish I could be like that person." Deep down we know that we all have the potential to be "that person", but achieving it seems impossible in practice. Well it's not impossible because you have the power to dramatically change your life. You can become more confident and motivated and find greater focus and direction in your life. You can become a better leader or manager and fill yourself with positive energy. You can lead the fulfilling life you have always dreamed of, and much more.

And it can all start today by following the simple five-minute exercises in this book. Once you get used to the techniques provided and have seen the real results you can achieve, you'll understand how you can adapt the exercises directly to your own specific life and circumstances, to achieve much more specific goals.

See yourself as successful - be successful

You have the power to change your life in ways that you may not even realize. As long as you can see where you want to be, or what you want to achieve, then you can make it happen. All you need to do is set aside a few minutes a day to visualize what you want to change or improve, and you'll find the focus and direction to get what you want.

Using the power of creative visualization and other well-understood psychological techniques, you'll find this book is packed with practical, real world examples of changes that you can achieve in your life, using tried and tested techniques that have been demonstrated to be highly effective in numerous controlled studies.

Yes I Can! contains simple, easy-to-follow, five-minute exercises developed by motivation expert Robin Nixon, which have worked wonders for thousands of others - now it's time to make them work for you.

How this book will change your life

By following the exercises in this book, you'll learn how to achieve all the following, and much more:

- Learn to love yourself, life and others more - and be loved too.
- Achieve any goal on which you set your heart.
- Attain a level of self-confidence to match your abilities.
- Quickly recover from failure to try again.
- Motivate yourself when there's a task to do.
- Increase your stamina, concentration and commitment.
- Diminish negative energy.
- Learn to relax and become fulfilled.

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