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The Right-Brain Experience

An Intimate Program
to Free the Powers
of Your Imagination

The Right-Brain Experience

MARILEE ZDENEK

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to find faster and better ways to solve difficult problems - easily!"
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Rightbrain Experience An Intimate Program To Free The Powers Of Your Imagination

Neil Fiore



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The Right-brain Experience Marilee Zdenek, 1983 Discusses the function of the right half of the brain in the creative process and describes techniques for using the brain to increase creativity *The Power of Your Other Hand* Lucia Capacchione, 2019-05-01 Brain researchers have in recent years have discovered the vast untapped potential of the brain's little used right hemisphere Art therapist Lucia Capacchione discovered that our nondominant hand is a direct channel to that potential Her research and fieldwork with people using their other hand provides the raw material for this classic first published in 1988 In workshops and private sessions Lucia has worked with thousands of people employing these techniques to help them become more creative expressive and intuitive in their day to day lives and also experience improved health and greater fulfillment in their relationships Lucia will show you how to Channel the deep inner wisdom of your True Self Change negative attitudes about yourself Unlock creativity Uncover hidden artistic abilities Heal your relationships Through various drawing and writing exercises Lucia Capacchione hopes you will discover the power that lies hidden in your other hand The techniques will help you explore and understand your thoughts and feelings on a completely different level and reconnect with a sense of playfulness you may have left behind in childhood [The Now Habit](#) Neil Fiore, 2007-04-05 Learn how to overcome procrastination and enjoy guilt free play One of the most effective programs to combat procrastination THE NOW HABIT has sold over 100 000 copies has been translated into 11 languages and is now revised and updated Featuring a new introduction and a new section providing strategies to understand and deal with the role technology plays in procrastination today THE NOW HABIT offers a comprehensive plan to help readers lower their stress and increase their time to enjoy guilt free play Dr Fiore's techniques will help any busy person start tasks sooner and accomplish them more quickly without the anxiety brought on by the negative habits of procrastination and perfectionism **How to Escape Lifetime Security and Pursue Your Impossible Dream** Kenneth Atchity, 2004-10 For the Type C or creative personalities who want their work to fill their deepest creative urges this is the frontline guide to making the transition from a secure and soulless job to a life built around a creative dream Individuals learn how to follow the mind's eye to construct a life that conforms to personal vision steal time to make creative dreams come true use as assets the resources around them and turn creative goals and objectives into an effective life plan Introduces the catchy buzzword Type C Allworth Press an imprint of Skyhorse Publishing publishes a broad range of books on the visual and performing arts with emphasis on the business of art Our titles cover subjects such as graphic design theater branding fine art photography interior design writing acting film how to start careers business and legal forms business practices and more While we don't aspire to publish a New York Times bestseller or a national bestseller we are deeply committed to quality books that help creative professionals succeed and thrive We often publish in areas overlooked by other publishers and welcome the author whose expertise can help our audience of readers

Tutorial Distance Learning Alfred Bork, Sigrun Gunnarsdottir, 2001-10-31 Learning is a critical worldwide problem for

humans essential to create a peaceful and happy world We have serious problems in learning in both wealthy and poor areas New approaches to learning are needed as the current system may not rise to the new challenges This book proposes a new strategy for learning worldwide and for all ages of students Computer based distance learning would be the major delivery mechanism with very large numbers of students The very frequent interactions between the student and the computer would be like that with a skilled human teacher These interactions would take place in the student s native language in both directions A typical interaction would be a question to a student and a free form student response Both voice and keyboard student input would be possible The learning programs would work with each student until mastery is achieved adapting to the needs of each Students would be active learners The book begins with the problems and goals of learning It considers possible forms of distance learning looking at the variables involved current examples of distance learning and possible future forms including examples from science fiction It then investigates student interactions considering both frequency of interactions and the quality of each interaction Programs developed in the Educational Technology Center at the University of California Irvine illustrate the critical idea of tutorial learning with computers Production of tutorial learning material and costs for a student hour of learning is discussed The book ends with suggestions for future progress Current hardware and software is fully adequate for the tasks described Development of all required learning units is a major activity After this development both better quality of learning and lower costs are very likely Further experimental work is essential to understand the possibilities

Intuition Workout Nancy Rosanoff,1991 This is a new and revised edition of the classic text on intuition Lively and extremely practical it is a training manual for developing your intuition into a reliable tool that can be called upon at any time

Heal Your Aura Muriel MacFarlane,MacFarlane,2000 Here s a new solution for the disillusionment and disappointment of relationships repeatedly gone bad Those who have tried everything to make such relationships work will want to read this book None of the usual changes losing weight exercising and even extensive and expensive therapy make any difference because none of them serve to change the human aura the vibrations from the electromagnetic energy field that surrounds everyone A person s aura is like a psychic X ray that continuously projects the real person to the outside world It doesn t lie it can t be disguised and it can attract the wrong people *Heal Your Aura* combines the New Age concept of auras and energy fields with a guide to practical tasks and exercises that help readers alter the vibrations of their energy fields When electromagnetic energy fields are healed the aura is changed too and this can transform the way one lives and can encourage finding and keeping true love *Heal Your Aura* will help readers stop attracting liars and cheats and begin attracting solid warm hearted friends

[How to Quit Your Day Job and Live Out Your Dreams](#) Kenneth Atchity,2015-05-19 Are you a creative person seeking more satisfying work Do you want to make the transition from a job you find secure but soulless to a life built around your creative dream Then look no further than this essential guide written by a tenured professor who quit his job and pursued his dream as a successful story merchant and

film producer This book will show you how to Construct a life that fits your personal vision Stand up against negative peer pressure Redefine success in your own terms Identify and control your conflicting inner voices Find time to make your dreams come true And much more Kenneth Atchity teaches you the skills you will need to venture out into the world on your own terms If you re ready to fall in love with your future this book can give you the inspiration you need to make that life changing leap into a better world Freedom from Toxic Relationships Avril Carruthers,2013-12-26 A guide to leaving painful destructive relationships behind both at home and at work Toxic relationships often come disguised as seemingly normal ones These subtly destructive relationships are characterized by the slow erosion of self esteem a loss of personal identity or a growing desire to please friends partners and family members who are impossible to please In this uplifting and informative book transpersonal psychotherapist Avril Carruthers will take a close look at adult relationships to show why we get involved in toxic relationships in the first place and instruct the reader on how to recognize if they re involved in one Once the toxic relationship is identified the author shows the reader how to begin their journey toward healing and how to meet the world with a new kind of confidence so that the cycle of toxic relationships can be broken once and for all What Carruthers teaches is just how possible it can be to learn how to recognize the manipulative or sweetly corrosive partner the family dynamics that make Christmas and other get togethers seem like hell or the nightmare boss who causes daily torment and that we can learn to leave these painful destructive patterns behind forever **Tall Tales about the Mind and Brain** Sergio Della Sala,2007 Does listening to Mozart make us more intelligent Does the size of the brain matter Can we communicate with the dead This book presents a survey of common myths about the mind brain It exposes the truth behind these beliefs how they are perpetuated why people believe them why they might even exist in the first place **Group Action** Martin Ringer,2002-01-15 Martin Ringer an internationally known consultant and writer on group psychology here outlines techniques for understanding groups that will be relevant to those who lead teams in any setting The result is an accessible guide both to leading a group and to understanding the necessary dynamics that will result in the best team work **Inventing the Future** Marilee Zdenek,1988-04 The Publishers Weekly ,1987 **Psychology Today** ,1985 **Beyond the Light** P. M. H. Atwater,1994 Discusses the near death phenomenon its after effects and implications **Journal of Research and Development in Education** ,1988 **Medical and Health Care Books and Serials in Print** ,1987 *O Hábito de Fazer Agora* Neil Fiore,2023-08-10 A vida parece lhe uma s rie de obriga es que n o consegue cumprir Tem uma lista intermin vel de coisas para fazer Gere mal o seu tempo Acha dif cil manter compromissos Adia a realiza o de projetos porque est sempre a tentar torn los perfeitos Sente se irrealizado frustrado deprimido Tem objetivos de vida que nunca concluiu ou sequer iniciou H quem pense que ultrapassar a procrastina o simples basta fazer um esfor o maior Mas a verdade que o h bito de adiar assenta em raz es psicol gicas e cren as mentais fortes que muitas vezes nos impelem a deixar de realizar aquilo que queremos A PROCRASTINA O UM MECANISMO PARA LIDAR COM A ANSIEDADE

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