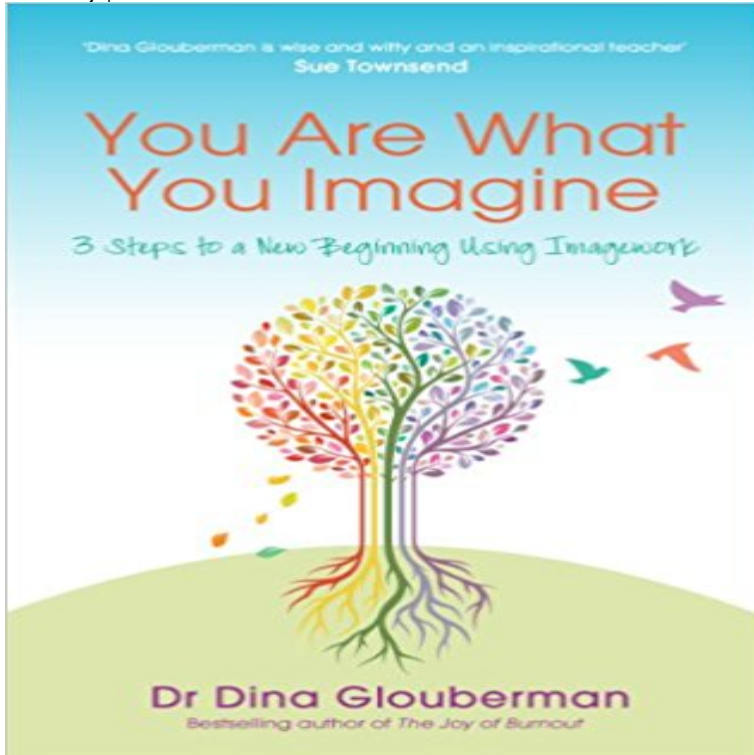


You Are What You Imagine: 3 Steps to a New Beginning Using Imagework



This is a practical book that guides the reader step by step from difficult times through a turning point to a new beginning. Each chapter includes a section entitled Spiritual Gym, which features imagery exercises relevant to that chapter. Dr Glouberman's website will host MP3 downloads to help guide the reader through the exercises. The content is based on a 3-step approach to new beginnings: 1. The catalyst: the life event or inner search that gets the person moving. 2. The turning point: an expansion in perspective on oneself and life. This includes an acceptance of present feelings and situations, a connection with deeper and more stable levels of oneself, and a vision of the possible futures. 3. The new beginning: accepting the vision without expecting to be happy ever after. The various stages of the process are illustrated through quotes and accounts from interviews with friends and colleagues, as well as prominent figures. Interviewees include Chad Varah, founder of the Samaritans, Gabrielle Roth, Five Rhythms creator, actor Michael York and poet and mens movement founder Robert Bly. The book combines a chatty, approachable and humorous style with original insights of subtlety and depth, as well as state-of-the-art utilisation of imagery throughout.

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