

## Visualization and Guided Imagery Sources:

**Guided Imagery for Groups: Fifty Visualizations That Promote Relaxation, Problem-Solving, Creativity, and Well-Being** by Andrew E. Schwartz (**Paperback** - Jan 1995)

**Staying Well With Guided Imagery** by Belleruth Naparstek (**Paperback** - Dec 1, 1995)

**Guided Imagery for Healing Children and Teens: Wellness Through Visualization** by Ellen Curran (**Paperback** - May 2001)

**The Big Book of Stress Relief Games,**  
By Robert Epstein (**Paperback** - Mar 27, 2000)

**The Relaxation & Stress Reduction Workbook)**  
by Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay, and Patrick Fa

**Guided Imagery for Self Healing,**  
by Martin L. Rossman

**Healing with the Mind's Eye: How to Use Guided Imagery and Visions to Heal Body, Mind, and Spirit**  
by Michael, M.D. Samuels

**Visualize Confidence: How to Use Guided Imagery to Overcome Self Doubt,** by Kirwan, Ph.D. Rockefeller

<http://www.thehealingmind.org/>

<http://www.academyforguidedimagery.com/>