

The Mind's Eye - Ian Robertson

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A picture is worth a thousand words, or so they say. Yet our world, our civilisation has grown up on a foundation of words - laws, constitutions, treaties, charters, creeds - words that have tamed and liberated in equal measure. Our education, from earliest childhood, emphasises the importance of words. We take the world before our eyes and define it in a verbal language, and in so doing we capture it, understand it, celebrate it. But there are costs. In our reliance on the cold efficiency of language we have neglected the wordless ways of the brain. The uniquely complex human mind is capable of the most exquisite images and visions. But visualisation is not merely about sight and the imagined, it is about the way we interact with the world through our five senses. In THE MIND'S EYE Ian Robertson demonstrates how we are underutilising our brain's powers of visualisation. Taking the lessons of hard science, he explains how the brain works and how important visualisation can be. But more importantly, how we can all unleash the awesome power of our brains. Following simple exercises Ian Robertson describes how visualisation can: improve memory and learning power be the key to creative thinking and problem solving offer powerful ways of combating stress fight physical illness and pain enrich musical and artistic experience enhance sporting skill and strength In his trademark accessible and imaginative style, Ian Robertson brings to life the hidden workings of the brain, and teaches us all how we can best capitalise on our innate abilities. A must read for anyone interested in how the brain works, or unlocking our mind's full potential. Author: Robertson, Ian Publisher: Transworld Digital Illustration: N Language: ENG Title: The Mind's Eye Pages: 00272 (Encrypted EPUB) On Sale: 2011-04-30 SKU-13/ISBN: 9780553813708 Category: Self-Help : Personal Growth - General

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