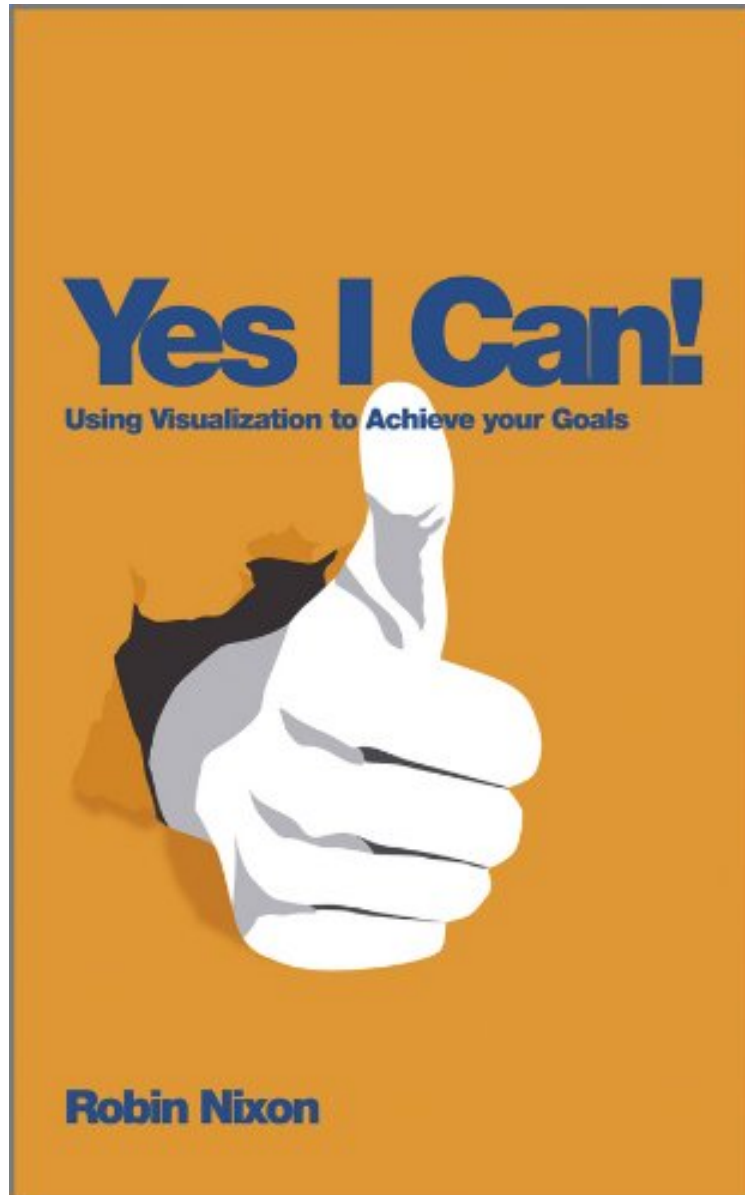


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Yes, I Can!: Using Visualization To Achieve Your Goals

Robin Nixon

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Robin Nixon : Yes, I Can!: Using Visualization To Achieve Your Goals before purchasing it in order to gauge whether or not it would be worth my time, and all praised Yes, I Can!: Using Visualization To Achieve Your Goals:

3 of 3 people found the following review helpful. Good advice inspirationBy Lantana All enjoyed reading this self-help book. Being one to worry and think negatively a bit too much sometimes, this book is very helpful in trying to think more positively. There is a lot of good advice in it, like smiling more often. Simply by smiling you can improve your mental state and be happier and eventually it will become more natural. I thought the advice given was "down to

earth" and not over the top. It was based on healthy realistic perspectives. Topics include subjects like believing in yourself (that you can do things but also that you don't take it too far), standing up for yourself, building confidence, patience perseverance, courage, setting and achieving goals, being a good leader, focusing, taking responsibility, body language, creativity, positive energy, fostering curiosity, learning to relax deal with stress, spreading happiness to others (sharing joy), taking pride (the good kind), and becoming fulfilled. There is also a link to an audio file (which you can play) in the relaxing chapter for one of the exercises. The visualizations include repeating the included statements/visualizations to yourself (or you can write your own down), preferably out loud. You'll also have to get your imagination going and visualize yourself being or doing certain things. It's strange at first, but done consistently (every day or so) over time it will feel more natural, you just have to get into the habit of doing it and making the effort. There are a lot of visualizations in the book, so it probably won't make sense to try to go over most of them every day, but I think doing the few that are most beneficial to you is worth the time. This is a good book that you'll probably want to keep around and pick-up like a reference book when you need some encouragement. 3 of 4 people found the following review helpful. Great Read By Louis De Bear If you have read my other reviews you will know I have read 100's of self help books over the years. I am a business consultant, peak performance expert, entrepreneur and University lecturer amongst other things. As such I read books in order to improve my knowledge and the advice I can give others. Having read the other reviews on this book I did not know whether this book was going to excite me with new and useful ideas. In short, whilst a lot of what I read was not new, it was written in an engrossing way which made this a great read. The book is easy to read with a concise style of prose. I hate self help books that waffle on and on, as so many books do and finally get to the point after many pages. I like the clear style, the way the book is laid out, the exercises and the engaging illustrative stories told by the author. The actual content of the book, if adhered to, will make a difference in how to use the mind for greater goal attainment. My only criticism of the content is that it is a book that is more heavily centred on affirmations than visualisation techniques as a tool for goal attainment. If you want a great book on the why and how to visualise for goal achievement can I recommend Psycho Cybernetics 2000 by Bobbie Summer, which is a sensational book with principles based on the great Maxwell Maltz's work. This is a good book but to get a true grip on visualisation for goal achievement it should be read in conjunction with other books. If you are looking for a motivating read with some great exercises which will lead to better goal achievement, then this book will help. Recommended. 5 of 6 people found the following review helpful. Interesting Rather Than Inspirational By Brett HI have read quite a number of self help type books over the years. The emphasis of Yes I Can is on using creative visualisation in order to achieve your goals. This is a tried and tested technique, which has worked for many. For example, many professional sportsmen mentally rehearse that perfect golf shot, tennis match or goal and believe that it helps them to achieve the same in real life. It is hard to argue with the message that this book is putting across and, whilst nothing here is a revelation, it does no harm to be reminded of stepping stones that can be used to help to achieve ones goals in life. This message is split down into 22 chapters, each of which considers one of these steps. However, we are urged at virtually every stage to `visualise this' as part of the process to succeed in accomplishing the step. Examples of the steps to be taken are standing up for yourself, leading from the front and encouraging creativity. The first book which I read on creative visualisation was the book of that name by Shakti Gawain. At the time I did find this book a revelation and inspirational. I still have that book and the influence it had on me is shown by the fact that it has survived many culls of my library in the intervening years. Creative visualisation certainly does work, though it is not entirely clear why. Part of it is presumably the placebo effect which the author of this book alludes to more than once. Part of it may be that you are mentally practicing what you later attempt in real life. Additionally perhaps there may be even more to it than that. In any case if you are interested in learning more about creative visualisation you really will benefit from reading Creative Visualization: Use the Power of Your Imagination to Create What You Want in Your Life (Gawain, Shakti) I found this book to be interesting but not really inspirational as it was covering ground which has been covered many times before. There is nothing particularly unique about the presentation although I did think it was useful that at the beginning of each chapter, the ground to be covered was summarised. Certainly depending on the current situation of their life and their degree of receptiveness, doubtless some readers will learn something of use to them here.

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.

To be motivated, you need something to be motivated about; Obvious, maybe, but so true; this direct simplicity is the book's greatest asset. (Kindred Spirit, July 2012) From the Author The power of creative visualization has been known for centuries but until recently it was something you would rarely come across, until people started realizing how the "law of attraction" actually works, which is that you must first visualize your goal or the thing you desire before you can attain it or bring it into your life. Think about it. Before building a house you need a plan, an architect's drawing or blueprint. Without it the builders will run around in circles not knowing where they are going or what to do next. But with a plan the builders can progress in an orderly fashion, from one task to the next ensuring, for example, that they don't try to put the roof on before the walls have been built. And so it is with life. You can think of the exercises in this book as life blueprints. To create them you simply set aside a few minutes each day to visualize the part of your life you wish to change or improve, and as you do so you see where the problems are, and the solutions just pop into your mind. If you visualize on a topic for several days you will see your visualizations grow. They will expand and become more detailed and you'll start saying "Aha" as you begin to understand not only how you can make the change you want, but you'll notice that you've actually already started out on the change. And I promise there's no mumbo-jumbo in this book. Every technique is simply explained along with the reasons for why it will work. In these chapters you'll find practical, real world changes you can achieve in your life using tried and tested techniques. These exercises have worked for me many times over - and they will work for you. Prepare to be astonished, because from now on, your answer to every question that life throws at you will be, "Yes I can!" From the Back Cover You will learn how to: achieve a level of self-confidence to match your abilities quickly recover from failure and try again motivate yourself when you have to do a task increase your stamina, sticking-power and commitment become more creative each day diminish negative energy