

Publicity Contact: Susan Pi, 510-559-1600 X3300, susan.pi@tenspeed.com

Healing and Transformation Through Self-Guided Imagery By Leslie Davenport

**A guide to healing from trauma and crisis
through the transformative potential of creative visualization techniques.**

When life pulls the rug out from under the feet of dynamic and productive people through an unanticipated crisis, many people land flat on their backs without any knowledge of how to get back up. From post-traumatic stress disorder and addiction, to health issues like heart disease, guided imagery is a visualization technique used to overcome adversity. Tapping into the heart's wisdom through creative visualization is an ancient practice, but today's guided imagery is used as an adjunct to conventional medical therapies. It offers a way not simply to get back on one's feet, but to help one stand up with even greater wisdom and fulfillment than before.

Healing and Transformation Through Self-Guided Imagery offers worksheets and specific instructions to anyone wanting to learn this versatile healing technique. Case studies show how anyone can use guided imagery to discover inner wisdom and learn new perspectives in order to work through cancer treatment, marital crisis, the loss of their home, financial trouble, and others. Life is rich with imagery, and Leslie Davenport teaches readers how to see with their hearts. *Healing and Transformation Through Self-Guided Imagery* provides contemporary techniques to transform moments of pain, emotional turmoil, and interpersonal conflict into opportunities for growth and self-realization.

About the Author

Leslie Davenport is the founding director of Marin General Hospital's Institute for Health and Healing. She runs a busy private psychotherapy practice and trains interns in guided imagery at the California Pacific Medical Center, San Francisco. She lives in San Anselmo, California and is available for interviews. Visit LeslieDavenport.com for free relaxation audio clips, a schedule of her upcoming events, and more.

***Healing and Transformation Through Self-Guided Imagery* by Leslie Davenport**

\$15.95 paper • 6 x 9 inches • 224 pages

ISBN: 978-158761-324-1 • Celestial Arts • Publication Date: February 2009

For your convenience, you can now download high-res cover images, author photos, and press releases at <http://www.tenspeed.com/resources/tspkits.htm>