

Visualize Confidence

how to use guided imagery to overcome self-doubt



kirwan rockefeller, ph.d.

foreword by jeanne achterberg, ph.d., author of *rituals of healing*

To Achieve, You Have to Believe

At the end of the movie *The Wizard of Oz* Glinda the Good Witch tells Dorothy that she holds the ability to achieve her heart's desire in her own hands. "You've always had the power," she says.

In his new book ***Visualize Confidence*** Kirwan Rockefeller tells readers that the power to achieve confidence and success has always been theirs — they just have to visualize it using simple guided imagery techniques.

The Secret to Success? Visualize It & Take Action!

It's that simple, really. If you can picture yourself doing something difficult or challenging, you'll have a better chance of making it happen because you'll have confidence in your ability to succeed. This book offers readers proven-effective skills for developing the confidence they need to turn their dreams into reality.

The guided imagery process couldn't be simpler or more powerful: whatever it is that you want to achieve, you develop a rich picture of it happening in your mind. Research proves that visualization of an experience stimulates the brain in many of the same ways as the actual experience would. By visualizing and mentally rehearsing your desired outcome, you not only prepare yourself to experience your goal, developing self-confidence and conviction as you go, but you identify specific behaviors that sets you on the path to success. You'll discover how insight leads to action, gain renewed optimism, learn anti-worry strategies, and use your creative imagination to foster the mental calmness you need to feel confident, poised and secure. The mind-body techniques in the book include guided imagery, meditation, creative visualization, and personal rituals and exercises.

"This book will teach you valuable and time-proven skills and techniques for tapping into your imagination to develop self-confidence. These guided imagery skills will help you find your individual strengths and resources to live an empowered and assured life."

— From the Foreword by **Jeanne Achterberg, Ph.D.**
Executive Faculty, Saybrook Graduate School & Research Center
San Francisco, California

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
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Visualize Confidence: How to Use Guided Imagery to Overcome Self-Doubt, by Kirwan Rockefeller, Ph.D.

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About The Author

Photo by Doug Gifford



Kirwan Rockefeller, Ph.D., is the director of arts and humanities continuing education at the University of California, Irvine. His expertise includes psychology, visual and performing arts, humanities, and body-mind modalities.

Dr. Rockefeller has consulted with top national and entertainment organizations, including ABC, CBS, NBC, FOX, Warner Bros., Paramount, and DreamWorks, on the accurate depiction of social and mental health issues. He has taught organizational behavior and social psychology at the doctoral level and served as guest speaker at numerous colleges and universities.

Dr. Rockefeller is the co-editor of *Psychology, Spirituality and Healthcare, Volume 2 of Mind-Body Medicine: The Art of*

Whole Person Healthcare (Praeger, 2007), and a member of the American and California Psychological Associations. He lives in Newport Beach, CA.

Visit Kirwan Rockefeller online at www.kirwanrockefeller.com.

Suggested Interview Questions

1. What is guided imagery?
2. In the book, you briefly discuss how being hearing impaired influenced you with regard to imagery. Could you tell us about that now?
3. Is it possible for someone to use guided imagery to strengthen their confidence? How?
4. What is the Inner Critic and how does it stop us cold in our tracks?
- 4b. What is the Inner Confidence Coach? How can it help us develop and strengthen our confidence levels?
5. Why is it important to take incremental steps toward reaching our goals? Can you give an example of this?
6. You discuss “the mysteries of the language of imagery that our minds and bodies speak, but often don’t understand” — can you please explain this concept?
7. You say that everyone uses guided imagery daily without knowing it. Can you give an example of this?
8. How do you turn negative thinking into positive images of success and confident living?
9. What does science tell us about the mind-body connection and how imagery is connected to our minds and bodies?

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Raves for *Visualize Confidence*

"Kirwan Rockefeller has written a wonderfully helpful book for anyone who needs to boost their self-confidence. Using a variety of directed guided imagery exercises, Rockefeller encourages readers to grow their confidence in steps that are small enough to manage yet big enough to matter. This book is most highly recommended for anyone beginning or ending a job or relationship..."

—**David E. Bresler, Ph.D., L.Ac.**, president of the Academy for Guided Imagery (www.acadgi.com), founder of the UCLA Pain Control Unit, and former White House Commissioner on Complementary and Alternative Medicine Policy

"Henry Ford once said, 'Whether you believe you can or can't, you're probably right.' Kirwan Rockefeller has made a real contribution with this book, teaching you how to use the remarkable power of your imagination to shift from self-doubt and self-criticism to envisioning, affirming, and encouraging yourself to follow your dreams and make them real. Well-written, easy to follow, and it works!"

—**Martin L. Rossman, MD**, author of *Guided Imagery for Self-Healing and Fighting the Cancer Within*, founder of *The Healing Mind* (www.thehealingmind.org), and cofounder of the Academy for Guided Imagery. (www.academyforguidedimagery.com)

"Given the trend toward self-care in health care, Kirwan Rockefeller's book is a refreshingly useful introduction to the use of imagery for self-awareness, confidence, and resiliency. The guided and multisensory imagery chapters are presented with case vignettes and sample exercises that will greatly enhance the work of coaches, educators, and psychotherapists."

—**Ilene A. Serlin, Ph.D, ADTR**, founder and director of Union Street Health Associates, Inc. in San Francisco, CA and series editor of *Mind-Body Medicine: The Art of Whole Person Healthcare*

"This clear, concise, user-friendly book combines practical advice with guidedimagery exercises designed to replace helplessness with independence, despair with affirmation, pessimism with assertiveness, and doubt in one's abilities with a reality-based sense of trust that can unleash one's most exciting potential. Rockefeller has based his suggestions on cutting-edge research in the psychology of creativity, management, and guided imagery. The results build a bridge between attitudes and behaviors that have the potential of leading the reader to lifelong changes in both."

—**Stanley Krippner, Ph.D.**, coeditor of *The Varieties of Anomalous Experience* and executive faculty member at the Saybrook Graduate School and Research Center in San Francisco, CA

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Excerpt from Visualize Confidence

Guided Imagery Exercise # 2

1. Take the phone off the hook and do whatever you can to create a quiet space for the next twenty minutes. Sit in a comfortable chair, with your feet flat on the floor, and allow yourself to relax. Kick off your shoes and loosen any tight clothing or belts.
2. Close your eyes and know that you are perfectly safe. Begin to take some slow, deep breaths. Breathe slowly and deeply, your belly rising and falling. Inhale. . . and exhale. Inhale . . . and exhale. Inhale . . . and exhale. Let the stress of the day melt away. When you sense an inner calmness and relaxation, you'll find that your body is relaxing with each breath. You are safe, protected, and alert.
3. While paying attention to your breathing, now begin to imagine a ball of clear light hanging directly over your head, bathing you in a warm glow. This light feels good. This light feels warm, and you know that with each ray caressing your body you're protected and nourished.
4. As you feel this clear, clean, warm light slowly flowing over your body, you begin to notice your scalp and forehead relax. Your face relaxes, your neck and shoulders relax, your chest feels warm, and your deep breathing gets deeper and deeper.
5. As the warm, protective light flows down your chest and into your belly, it too begins to relax. The light continues down your hips, your thighs, and your legs. Finally, as it relaxes your feet, the warm light drains out of the bottom of your feet all the way down deep into the earth. You're now deeply relaxed, safe, and secure.
6. As you enjoy this good feeling, begin to imagine that you are in a beautiful place outdoors. This can be any place, perhaps a spot that you've visited or a place only in your imagination. This is your special personal place where magical things can and will happen.
7. Spend a few moments enjoying your personal place. Find a comfortable place to sit or stretch out. You may find an old hollow log or a rock to sit upon. You realize that your body perfectly fits, as if it were made just for you.
8. As you sit or stretch out, enjoy how good it feels to be here. What time of day is it? What are you wearing? What is the weather like? Do you hear sounds? Are there any aromas? Allow yourself to be in this moment in time and feel it with as much intensity as you choose. Simply allow yourself to spend as much time in your special place as you choose.
9. When you are ready, you can allow the images to fade. You can say good-bye to your personal place for now and slowly begin to come back to the present time and place. Take a few energizing breaths, wiggle your toes and fingers, and begin to stretch your body.
10. When you're ready, slowly open your eyes, feeling refreshed, happy, and calm. Fully awake, tell yourself that you can return to this place whenever you want by simply imagining it in your mind's eye and noticing how good it feels.
11. When you have some time, flip through magazines and look for images that represent your personal, beautiful, special place. You can also sketch a drawing or pull a photograph from your family photo album if it's a place that you have been to before. Paste these images or drawings in your confidence notebook and jot down some notes or write about your experience.

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