

# Seeing With The Mind's Eye: The History, Techniques And Uses Of Visualization By Michael Samuels

By Michael Samuels

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About Mike Samuels: Michael Samuels, M.D., a physician, His book Seeing With the Mind s Eye was the first book on guided imagery and is the classic in the field.

[https://www.goodreads.com/author/show/172228.Mike\\_Samuels](https://www.goodreads.com/author/show/172228.Mike_Samuels)

An appendix is included to describe five guided imagery modules to be used in Seeing with the mind's eye: The history, techniques, and uses of visualization.

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Cognitive Restructuring through Guided Imagery Samuels, M., and Samuels, N. (1975). Seeing with the mind s eye: The history, techniques and uses of visualization.

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Visualization: The Power & Importance of Seeing With the Mind's Eye By Eileen Lawlor, MPS, MSW, BCD.

<http://www.eileenatstillpointstudio.com/home/eileen-lawlor-articles/56-visualization-the-power-a-importance-of-seeing-with-the-minds-eye>

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<http://www.abebooks.it/ricerca-libro/autore/samuels-michael/>

Michael Samuels, M.D. has used guided Well Pregnancy Book, and Seeing With the Mind's Eye. Bio. Michael Samuels, M.D., creativity, mind body techniques,  
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[http://www.sfmoma.org/exhib\\_events/exhibitions/451](http://www.sfmoma.org/exhib_events/exhibitions/451)

Mike and Nancy Samuels, Seeing with the Mind's Eye: The History, Techniques and Uses of Visualization (New York, 1975), p. 87, ill.  
<http://www.artic.edu/aic/collections/artwork/5096>

compromise the quality of a student's visualization Samuels, M., & Samuels, N. (1975). Seeing with the mind's eye the history, techniques and uses of  
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plans, elevations and sections); views (e.g., linear perspective, bird's and worm's eye Students should be able to compose a visualization portfolio that  
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<http://drmiller.com/samuels/>

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<http://www.amazon.com/Seeing-minds-eye-techniques-visualization/dp/0394497457>

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<http://www.emeraldinsight.com/doi/ref/10.1108/00251749410054783>

and Nancy Samuels. Seeing with the Mind's Eye: The History, Techniques, and Uses of  
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The phrase "mind's eye" refers to the human ability to visualize, i.e., to  
experience visual mental imagery; in other words, one's ability to "see" things with  
the mind.  
[http://en.wikipedia.org/wiki/Mind%27s\\_eye](http://en.wikipedia.org/wiki/Mind%27s_eye)