

Presents
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Dr. Rockefeller is the author of *"Visualize Confidence: How to Use Guided Imagery to Overcome Self-Doubt"* (2007, New Harbinger Press) and co-editor of Volume 2, *"Psychology, Spirituality and Healthcare"* in *"Mind-Body Medicine: The Art of Whole Person Healthcare"*, I. Serlin, Ed. (2007, Praeger Publications).

"Guided Imagery & Relaxation: Doorways to Health"

"A picture is worth a thousand words" is a familiar phrase which addresses the natural ability of all people in all cultures to use imagery for communicating powerful information. Mental images, formed long before we learn to use language, powerfully affect not only our beliefs, attitudes, emotions, motivation and behavior, but also our bodies, health and longevity, for they lie at the very core of who we think we are. Once dismissed as "mumbo-jumbo" guided imagery is now finding widespread use for pain control, anxiety, depression and stress management, improved sleep, smoking cessation, weight control, creativity and peak performance training. Guided imagery is a tool that can help people from all walks of life gain new levels of empowerment.

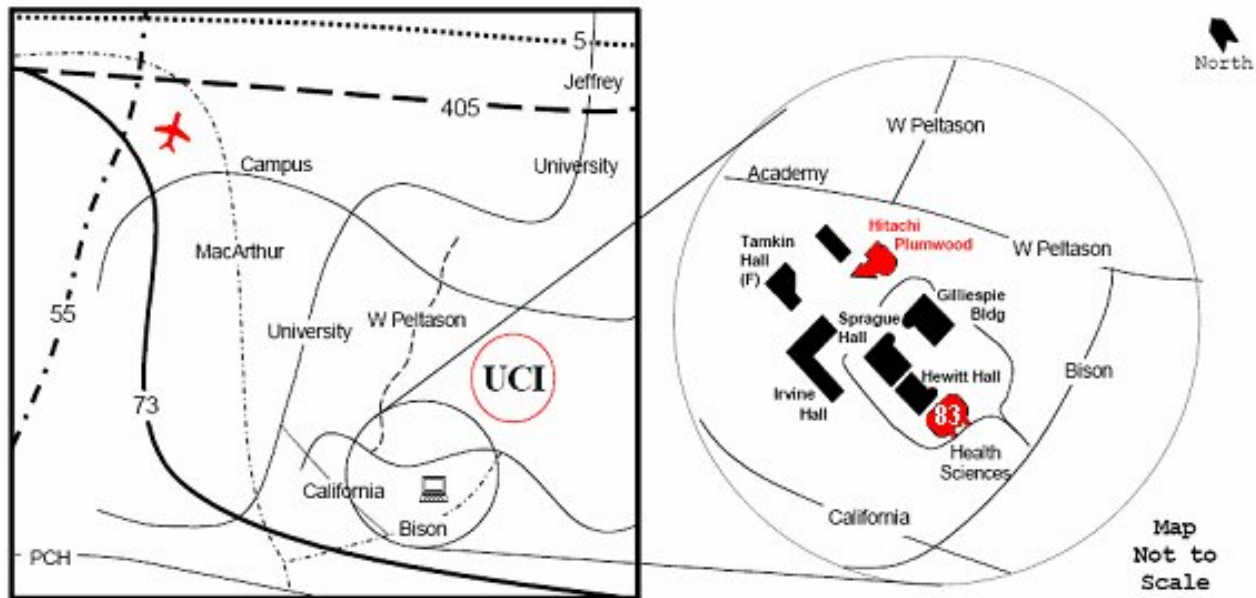
Thursday, April 5th, 2007
4:30 – 5:30 pm

Hitachi Conference Room, Plumwood House, UCI Campus

Map & Directions on reverse side

This talk and opportunity for discussion is part of a monthly series offered by the Susan Samuels Center for Integrative Medicine. **Additional information:** <http://www.sscim.uci.edu> or contact Jodi Montano at jymontan@uci.edu
949-824-0087.

MAP & DIRECTIONS



405 FREEWAY

North:

Exit at Jeffrey/University

turn *LEFT* onto University.

Travel to California, turn *LEFT*.

Travel to Bison, turn *LEFT*.

See directions from Bison below.

South:

405 Freeway: Merge onto 73 Southbound.

73 Freeway: exit at Bison (last toll-free exit).

Turn *LEFT* at the signal onto Bison.

See directions from Bison below.

73 FREEWAY

North:

73 Freeway: exit at Bison (first toll-free exit).

Turn *RIGHT* at the signal onto Bison

See directions from Bison below.

South:

73 Freeway: exit at Bison (last toll-free exit).

Turn *LEFT* at the signal on Bison

See directions from Bison below

BISON DIRECTIONS

Traveling on Bison, pass the four-way stop at California and continue on Bison to Health Sciences Road, and turn *LEFT*. Make an immediate *LEFT* at the fork on Health Science Road, and turn right into **Parking Lot 83**.

PARKING INFORMATION

Park in **Lot 83 – permit required**. Permits may be purchased from the permit vending machine in the southeast corner of **Lot 83** at \$2/hr. Vending machine takes \$1 dollar bills only.