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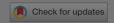
## Comparing PETTLEP imagery against observation imagery on vividness and ease of movement imagery

Nurwina Anuar D, Sarah E. Williams D & Jennifer Cumming D

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## **Abstract**

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traditional imagery. Findings indicate that incorporating PETTLEP elements into the imagery instructions leads to easier and more vivid movement EVI, IVI, and KI imagery. Q Keywords: imagery ability external visual imagery internal visual imagery kinaesthetic imagery PETTLEP observation Related research 1 Cited by 11 People also read Recommended articles X

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