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

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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.

Keywords: [imagery ability](#) [external visual imagery](#) [internal visual imagery](#) [kinaesthetic imagery](#) [PETTLEP](#) [observation](#)

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