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

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Pages 150-163 | Received 14 Aug 2015, Accepted 30 Mar 2016, Published online: 13 Jun 2016

 Cite this article  <https://doi.org/10.1080/1612197X.2016.1177104>

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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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