

Studies that support the benefits noted on alessiacitro.com/vision:

Neurological Effects:

1. "Activates same neural pathways":
 - Yue, G., & Cole, K. J. (1992). "Strength increases from the motor program: Comparison of training with maximal voluntary and imagined muscle contractions." *Journal of Neurophysiology*, 67(5), 1114-1123.
2. "Brain doesn't distinguish between visualization and real experience":
 - Decety, J., & Grèzes, J. (2006). "The power of simulation: Imagining one's own and other's behavior." *Brain Research*, 1079(1), 4-14.
3. "RAS engagement":
 - Aarts, H., Custers, R., & Marien, H. (2008). "Preparing and motivating behavior outside of awareness." *Science*, 319(5870), 1639.
4. "Neuroplasticity":
 - Pascual-Leone, A., et al. (2005). "The plastic human brain cortex." *Annual Review of Neuroscience*, 28, 377-401.
5. "Dopamine release":
 - Koepp, M. J., et al. (1998). "Evidence for striatal dopamine release during a video game." *Nature*, 393(6682), 266-268.

Psychological Benefits:

1. "Increases self-efficacy":
 - Bandura, A. (1997). "Self-efficacy: The exercise of control." New York: Freeman.
2. "Reduces stress and anxiety":
 - Holmes, P. S., & Collins, D. J. (2001). "The PETTLEP approach to motor imagery." *Journal of Applied Sport Psychology*, 13(1), 60-83.
3. "Improves focus and clarity":
 - Zimmerman, B. J. (2002). "Becoming a self-regulated learner." *Theory Into Practice*, 41(2), 64-70.

Performance Impact:

1. "Athletes and visualization":
 - Feltz, D. L., & Landers, D. M. (1983). "The effects of mental practice on motor skill learning and performance: A meta-analysis." *Journal of Sport Psychology*, 5(1), 25-57.
2. "Mental rehearsal effectiveness":
 - Driskell, J. E., Copper, C., & Moran, A. (1994). "Does mental practice enhance performance?" *Journal of Applied Psychology*, 79(4), 481-492.
3. "Physical and psychological reactions":
 - Taylor, S. E., Pham, L. B., Rivkin, I. D., & Armor, D. A. (1998). "Harnessing the imagination: Mental simulation, self-regulation, and coping." *American Psychologist*, 53(4), 429-439.

