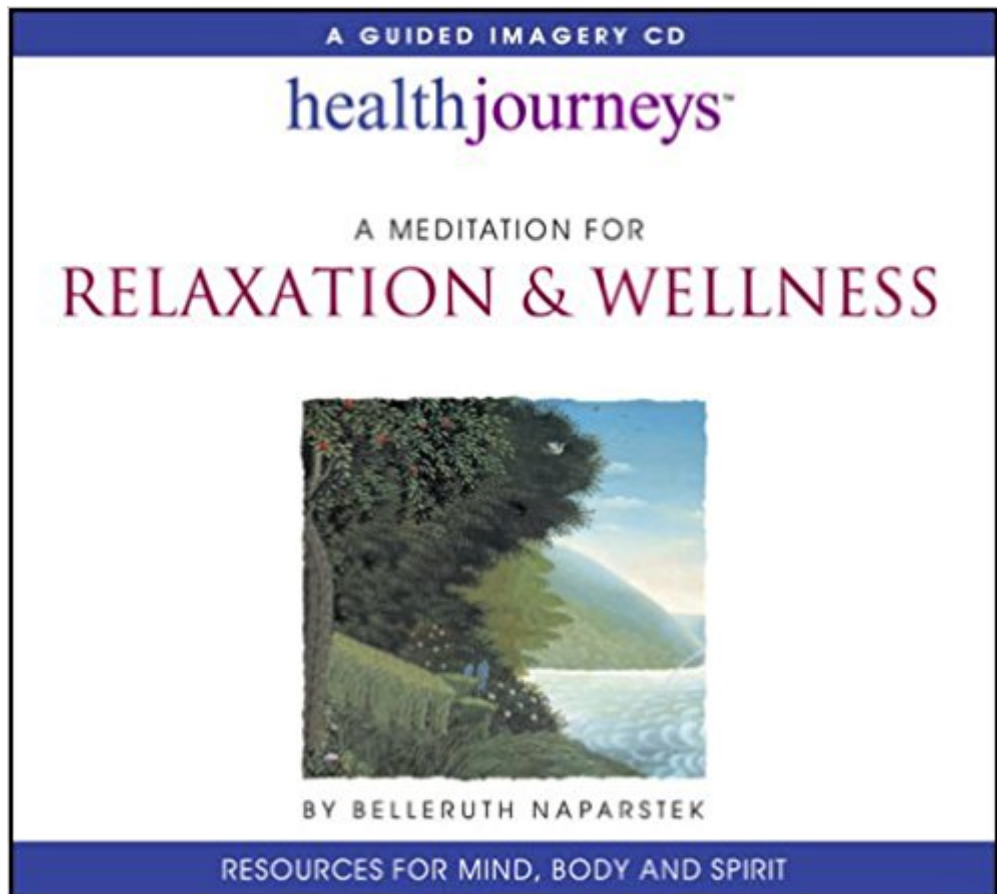




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A Meditation For Relaxation & Wellness (Health Journeys)



Synopsis

Belleruth Naparstek designed this guided imagery to promote feelings of peace, calm, safety and support; reduce anxiety and stress; encourage hope, confidence, balance and optimism. To help face any stressful situation, or for general anxiety. For a surprising number of people, this Health Journeys relaxation meditation audio, scored to the exquisite music of Steven Mark Kohn, has replaced anxiety medication, by heightening feelings of love and safety, pumping up serotonin and other positive biochemicals in the bloodstream, and promoting a general state of energized calm. A separate track of affirmations offers the same positive images and ideas but in a briefer format that can be listened to while engaged in other activities even driving. This meditation for relaxation and wellness is the first half of a research protocol used by U.S. veterans suffering from persistent and debilitating traumatic stress, and has been found a powerful enough relaxation meditation to yield dramatic outcomes for survivors of combat and military sexual trauma.(Running Time: 38 minutes)

Book Information

Series: Health Journeys

Audio CD

Publisher: Health Journeys; Abridged edition (June 1, 2002)

Language: English

ISBN-10: 1881405567

ISBN-13: 978-1881405566

Product Dimensions: 0.5 x 5.8 x 5 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 73 customer reviews

Best Sellers Rank: #37,691 in Books (See Top 100 in Books) #2 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #8 in [Books > Books on CD > Health, Mind & Body > General](#) #10 in [Books > Books on CD > Health, Mind & Body > Meditation](#)

Customer Reviews

Downloaded the MP3. A fast & easy download. This is such a beautiful & amazingly comforting CD. Belleruth has such a gift to comfort others. I am thankful for having this wonderful aid. March 2011 --RN (reprinted from Health Journeys website)Dr. Naperstek's voice, her carefully considered language and the inspired guided imagery have helped to change me into a positive, happy person. I carry the CD with me when I travel, like a Teddy bear, to bolster me and keep me centered. It's also an anchor for my successfull weight-loss program, the best CD of which is also by Dr.

Naparstek. November 2006 --Carol This CD has been the most amazing and spiritual experience of my life. It has helped me through a challenge, and I feel personally I wouldn't have made it through this challenge if I hadn't had this CD. July 2006 --Donna

Belleruth Naparstek, LISW, BCD Psychotherapist, author and guided imagery pioneer Belleruth Naparstek is the creator of the popular Health Journeys guided imagery audio series. Her first book, *Staying Well with Guided Imagery* (Warner) is a widely used primer on imagery and healing. Her second book, *Your Sixth Sense* (Harper Collins) has been translated into 9 languages and called one of the most thoughtful and sophisticated looks at imagery and intuition. Her latest book on imagery and posttraumatic stress, *Invisible Heroes: Survivors of Trauma and How They Heal* (Bantam Dell), won the Spirituality & Health Top 50 Books Award and was released in paperback January of 2006. Highlighted in the 20th anniversary edition of their seminal book, *Courage to Heal*, Ellen Bass and Laura Davis call *Invisible Heroes*, the most useful book for trauma survivors to be published in the last decade. As *Prevention Magazine* noted, she has been quietly creating an underground revolution among mainstream health and mental health bureaucracies, by persuading major institutions such as the U.S. Veterans Administration, the U.S. Dept of Defense, Kaiser Permanente, Blue Shield of California, United Health Care, Oxford Health Plan, scores of pharmas and nearly 2000 hospitals and recovery centers to distribute her guided imagery recordings, in many instances free of charge to recipients. Recently she has been developing military-friendly resources with the help of the U.S. Army and the Ft. Sill Resiliency Center, and DCoE (Defense Centers of Excellence) has declared guided imagery one of their Twelve Promising Practices. Her audio programs have been involved in over two dozen clinical trials, with nearly a dozen studies completed to date. Efficacy has been established for several psychological and medical challenges, most recently for military sexual trauma and combat stress at Duke University Medical Center/Durham Veterans Administration Hospital. Naparstek received both undergraduate and graduate degrees from the University of Chicago. She maintained her psychotherapy practice for over 30 years and for several years taught graduate students at The Mandel School of Applied Social Sciences, Case Western Reserve University. Earlier in her career, she supervised psychiatry residents at Cambridge Hospital/Harvard Medical School and was Chief of Consultation & Education at the Woodburn Center for Community Mental Health in Fairfax County, VA. She also did a brief stint as a musical comedy actress at Second City and The Tip Top Tap of the Allerton Hotel in Chicago, and says that her musical comedy skills sometimes come in handy for teaching.

I absolutely love this meditation. I can feel the tension and stress ebb from my body with the gentle imagery narration and soothing music. This was recommended by my psychologist to help with depression, stress and anxiety. I have also purchased the CD's for Depression, Panic Attacks, Relieve Stress and Healthful Sleep. I would highly recommend this to anyone who suffers any of these conditions.

The content of the CD is quite similar to the CD "Relieve Stress" by the same author (Ms. Naparstek). The potential buyers should be informed so as to avoid a duplicate purchase.

I heard this at a retreat and purchased it for myself, years ago. At the same time I bought two other relaxation CDs and this is the one I like best. I like the speaker's voice, I like the fact that she has some research and significant implementation experience behind her work, and I genuinely enjoy the content (guided relaxation and positive statements). It doesn't use any New Age lingo, which would make me uncomfortable. It does mention God in the affirmations, but not in a way that's specific to any religion. The images include imagining a peaceful place, imagining a wave moving through your body to remove the tension and fear, and imagining people who love you -or pets, or angels, or whomever you want- sending their love to wrap you like a blanket. The positive affirmations are great -particularly good for a drive to work or any stress-inducing event. This CD has helped me through more than one stressful period in my life.

I bought three of Belleruth Naparstek's guided imagery CDs and I am deeply impressed with her work. Although I noticed some similarities between the three editions, I have had great success with them after only using them for a couple of weeks. I listen to one disc each night before I go to bed. I don't know what most of the discs say, because I always fall asleep during the recording. The great thing is, the guided imagery works even if you fall asleep, and even if you don't believe they'll work. Your unconscious mind will only take on suggestions that you believe to be positive and beneficial anyway. I appreciate the professional, neutral tone of her voice because I have found other narrators to be distracting, but Naparstek's voice is unobtrusive and doesn't get in the way of the meditation. Although I have had problems in the past with insomnia, incorporating these recordings into my bedtime routine has helped me get blissfully deep and restorative sleep, and I wake up easily and readily in the morning - early enough to get a workout in before I have to go to work, which continues to give a further sustainable boost to my beta-endorphin levels. The calmness has lasted all day and I have noticed a significant drop in my anxiety levels. I recommend these

recordings very highly.

After dealing with months of exhausting, emotional stress that left me numb and depressed, I came across this series of guided imagery CD's. "Relaxation & Wellness" was the first that I purchased and the experience was transforming. The author/reader's voice is soothing, once you get used to it (which only takes a minute or two). At first, it sounded monotone, which wasn't what I expected. But soon I accepted it, began listening to her words instead of the voice and relaxation set in. As recommended, I listened to the CD every day for a couple of weeks. One part of the guided imagery on this CD takes you (through the author's suggestion and your imagination) to a safe and happy place. You'd think each time my journey would be the same, but it wasn't! After a day or so of listening to the same guided imagery, I'd look forward to the journey and began thinking of different places to go. Sometimes it was a favorite spot from my childhood and at others it would be a vacation destination or sometimes the peace & quiet of one room. My favorite was a trip to Hobbiton in the Shire of Middle Earth! My point is, that even with repeated listening, I continued to enjoy the experience and was never bored. Since this first purchase, I've collected several from this series and love them all. The others in my collection are more specific to certain conditions or illnesses that I must live with every day (such as diabetes and sleep difficulties), and I have found each CD different enough to warrant the multiple purchases. Currently, I try to listen to one of my CD's most every day and the positive change in my attitude, my ability to cope and overall reduction in my stress level is quite noticeable. After a listening session, I feel just as calm and focused as when I've done yoga and meditation in the past. My opinion is that the guided imagery experience is quite similar and offers a benefit equal to meditation, in particular. The second half of each CD are what the author calls "Affirmations," which are statements you are asked to think about and repeat to yourself that are meant to "reprogram" any negative thoughts you might be experiencing to a more positive outlook. It may sound weird, but it does work! After just a couple of days I found myself repeating certain affirmations that spoke particularly to my situation and finding comfort or strength. Overall, I am very pleased that I found this soothing, helpful series of CD's and I recommend them. The prices are quite fair, considering that if you paid a professional for therapy or similar guided imagery experiences you'd be paying \$90+ an hour! This way you can turn it on and reap the relaxing benefit of meditation as often as you need... at one reasonable price.

A friend suggested Belleruth Naparstek's cd to help with my insomnia. I took a chance and ordered the "relaxation and wellness" cd. I cannot put into words how fantastic her cd makes me feel. I put

the cd in my dvd player, before bed, and set a 30 minute timer on my tv. After the first 10 minutes, I can't remember anything else. Her voice is so soothing and I found that it takes away any body aches or arthritis pains, the next day? I've since downloaded her cd into my iPod and it produces the same result. Hard to explain, but I definitely recommend Belleruth Naparstek, if you're having trouble sleeping or adjusting to life/pains or discomfort of any type. *Note: You CANNOT listen to the cd in your car! Far TOO relaxing:)

I have several of Belleruth's cds. The content is great. Her voice is very soothing and the music is spectacular.

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