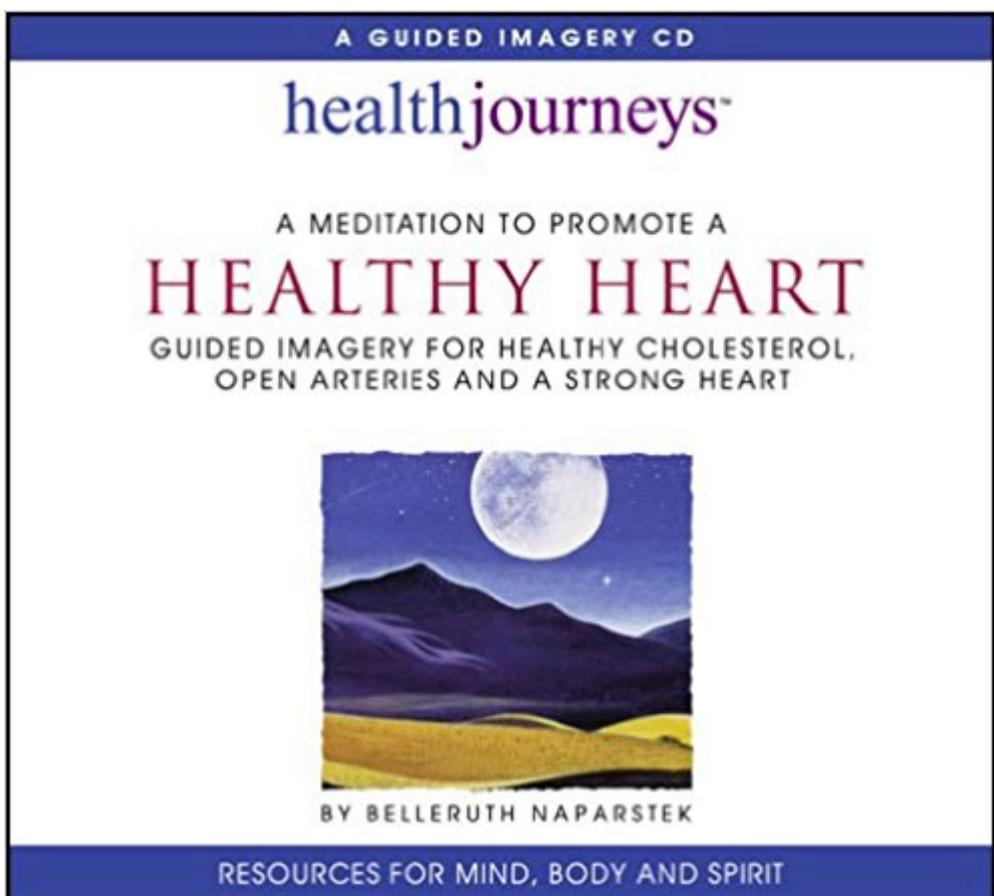


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# A Meditation To Promote A Healthy Heart (Health Journeys)



## **Synopsis**

Guided imagery program designed to help the body restore weary heart tissue; improve cholesterol & blood pressure; dissolve arterial plaque; maintain healthy arteries; reduce stress; evoke feelings of love, gratitude and safety. (Running Time: 50 minutes)

## **Book Information**

Series: Health Journeys

Audio CD

Publisher: Health Journeys; Abridged edition (January 1, 1999)

Language: English

ISBN-10: 1881405443

ISBN-13: 978-1881405443

Product Dimensions: 0.5 x 5.2 x 5.8 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 17 customer reviews

Best Sellers Rank: #327,130 in Books (See Top 100 in Books) #23 in Books > Books on CD > Health, Mind & Body > Fitness #87 in Books > Books on CD > Health, Mind & Body > Meditation #128 in Books > Books on CD > Health, Mind & Body > General

## **Customer Reviews**

Today is my birthday. What an unexpected yet longed for gift. This sample is awesome and beyond. I could feel stress releasing my chest, shoulders, scalp and complete upper body by just listening to this with my earphones. This is better than wonderful. It was just last week that I was praying to find something of this nature. Thank you Dr.Belleruth for being an angel of mercy. I trust #5 is the highest rating that can be given. I know the CD will be quiet a blessing to me. More blessings to you. June 2007 --Rosa Moore-Jordan (reprint from Health Journeys website)

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. Veteran s 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 have several of BelleRuth Naparstek's meditation CDs. I prefer the CDs as I can convert them to an audio file and still lend the original disc out. I find them very helpful. I was just diagnosed with some heart issues and feel this will be an important tool in optimizing my health as we sort this all out.I started using Naparstek's meditation CDs when my health insurance sent me one prior to my first back surgery for scoliosis. My surgeon allowed me to listen to it while I was 'out' and during recovery. I came out of recovery faster than most and used less pain medication during my hospital stay as I plugged in my headset prior to ringing the bell for the nurse. My back surgeon was very interested in if the CD had anything to do with my rapid recovery (I have since used it in 4 subsequent scoliosis surgeries) and he has suggested them to his other patients.

great book

I have used Belleruth Naparstek's tapes before and found this one especially valuable. I use it almost daily and I'm finding my endurance is improved and, in combination with a very low fat diet, I've managed to drop 10 pounds in about 6 weeks. I would recommend her tapes to anyone wanting to take more responsibility for their own health!

I have several of Belleruth's meditations and this is my favorite. For stress, worry and anxiety, I like these affirmations better than her meditations specifically for those symptoms. Highly recommended!

Excellent material. Her voice is perfect for this.

Absolutely the best! Informative, uplifting, encouraging, soothing, etc. I would strongly recommend this product because you will not be disappointed.

Ms. Naparstek's health related CDs are really the best ones on the market. She has a lovely voice and the suggestions are helpful.

perfect

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Edition A Meditation for Relaxation & Wellness (Health Journeys) Health Journeys: A Meditation to Help You with Healthful Sleep A Meditation for Mastering Menopause (Health Journeys) A Meditation to Help With Irritable Bowel Syndrome & Inflammatory Bowel Disease (Health Journeys) Health Journeys: A Meditation to Help You Relieve Depression Meditation To Help with Anger & Forgiveness (Health Journeys) Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Public Health 101: Healthy People Healthy Populations (Includes One Health Chapter) (Essential Public Health) Healthy Heart, Healthy Planet: Delicious Plant-Based Recipes and Tips to Reduce Heart Disease, Lose Weight, and Preserve the Environment The Cardiac Recovery Cookbook: Heart Healthy Recipes for Life After Heart Attack or Heart Surgery

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