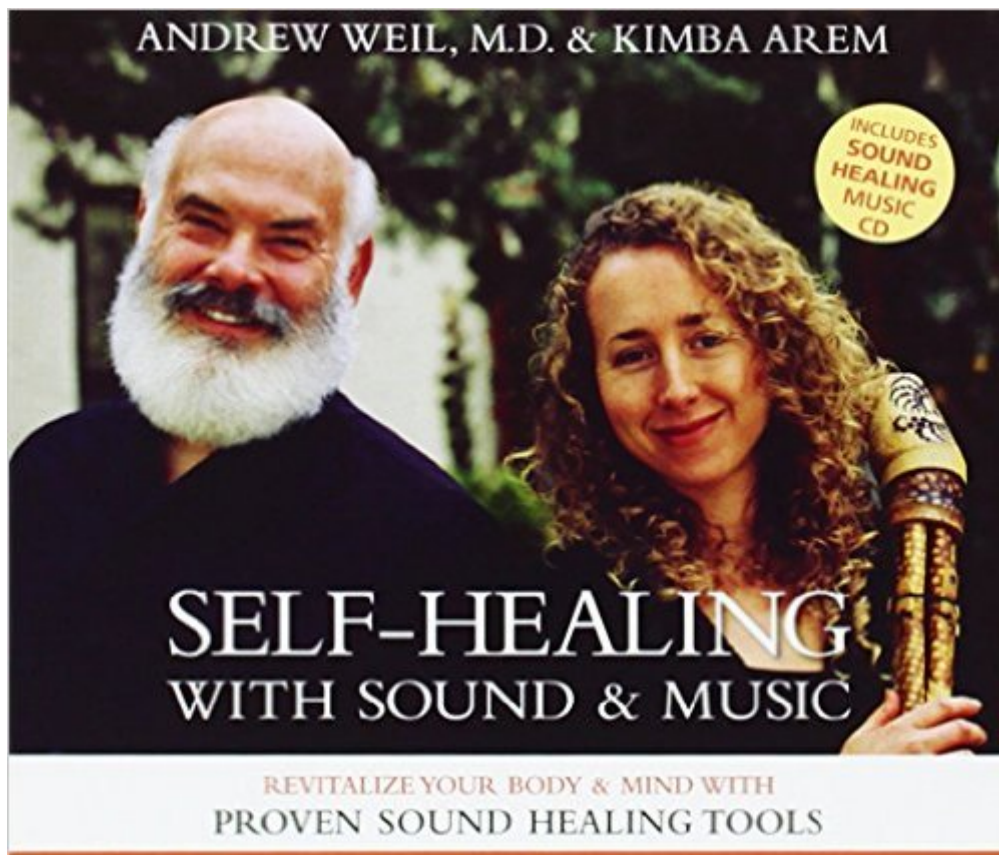




The book was found

Self-Healing With Sound And Music: Revitalize Your Body And Mind With Proven Sound-Healing Tools



Synopsis

Sound therapy has been found effective in treating a surprising range of health challenges including heart disease, arthritis, stress, emphysema, and more. On *Self-Healing with Sound and Music*, bestselling author and physician Dr. Andrew Weil teams up with sound therapist Kimba Arem to offer listeners a powerful new tool for healing in two sessions. In Session One, Dr. Weil discusses the latest in medical research that demonstrates how music heals the body and mind, while Kimba Arem teaches breathing and vocalization techniques for harnessing this potential. Session Two gives listeners just the music: a complete sound journey into expanded states of consciousness optimized for healing. Through an integration of ambient beats, natural sounds, indigenous and classical instruments, and a state-of-the-art recording process called Holophonic™ technology that creates a three-dimensional healing space, listeners experience prescription-strength music with the power to influence every system of the body. Useful for relaxation, meditation, bodywork, or creative endeavors, *Self-Healing with Sound and Music* features didgeridoo, Native American and Celtic flutes, Tibetan and crystal bowls, keyboards, and voice.

Book Information

Audio CD

Publisher: Sounds True; Unabridged edition (October 1, 2004)

Language: English

ISBN-10: 1591791987

ISBN-13: 978-1591791980

Product Dimensions: 5.7 x 0.5 x 5 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 56 customer reviews

Best Sellers Rank: #256,645 in Books (See Top 100 in Books) #18 in Books > Books on CD > Health, Mind & Body > Fitness #42 in Books > Books on CD > Music #94 in Books > Books on CD > Health, Mind & Body > General

Customer Reviews

Andrew Weil Andrew Weil, MD, is a world-renowned leader and pioneer in the field of integrative medicine, a healing-oriented approach to health care which encompasses body, mind, and spirit. He is founder and director of the Arizona Center for Integrative Medicine (AzCIM) at the University of Arizona Health Sciences Center in Tucson, and director of Integrative Health & Healing at Miraval Life in Balance Resort in Tucson. Dr. Weil's bestselling books include *Spontaneous Happiness*,

Eight Weeks to Optimum Health, and Spontaneous Healing, and his popular audio programs with Sounds True include The Healthy Heart Kit and Breathing: The Master Key to Self-Healing. Kimba Arem Kimba Arem is an international recording artist whose eight CDs include Peace Journey and Creation's Overtone. Classically trained in piano and flute, she holds a BS in molecular and cellular biology, and has developed a unique form of sound therapy that incorporates Reiki, Taoist Chinese medicine, light and sound technology, herbology, and aromatherapy.

Amazingly healing music. Takes you deep into rest and brings you back out again. Highly recommend. Relieves any stress, tension or anxiety.

I LOVE this entire CD. It is great for practicing or teaching yoga, meditation, massage, or just as background ambience.

Forget your troubles and escape to a wonderful garden of musical enchantment. I've used this for years to put myself to sleep at night, and use it again in the middle of the night if I awaken. I've given it as a gift to my insomniac pals. Forget the lecture CD. The music CD is a wonderful journey through all kinds of music, including digeridoo, flutes, piano, birds and whales singing - and much much more...

Accurately described presentations. Delivered in timely fashion.

I LOVE THIS CD!!! It is pleasant to listen to and soooooo relaxing. You can feel the tones in your body - - - I have no doubt that it has a healing effect. I WOULD ABSOLUTELY PURCHASE THIS CD AGAIN!!!!!!

Having had a very very positive experience with this CD when my husband was ill several years ago, I've been buying them for friends facing medical crises since. This is my fifth gift purchase, this one for a sister who is dealing with stage 4 gastric cancer. It's been quite helpful as she deals with the effects of her treatments, during and after week-long chemo sessions.

Unlike some of the other reviewers who didn't find the first of the two discs very helpful, I find both discs excellent for different reasons. The explanations and demonstrations offered by Dr. Weil and Kimba Akem in the first disc provide the kind of framework I appreciate for understanding the

context of the music.

Good but a little disappointing. Expected more.

[Download to continue reading...](#)

Self-Healing with Sound and Music: Revitalize Your Body and Mind with Proven Sound-Healing Tools
Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing)
7-Day Detox Miracle, Revised 2nd Edition: Revitalize Your Mind and Body with This Safe and Effective Life-Enhancing Program
Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3)
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)
Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8)
Your Body, Yourself: A Guide to Your Changing Body (Your Body, Your Self Book)
Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1)
BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies)
Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming)
Crystal Healing: Charge Up Your Mind, Body And Soul - Beginner's Journey (Crystal Healing For Beginners, Chakras, Meditating With Crystals, Healing Stones, Crystal Magic, Power of Crystals Book 1)
Crystal Healing: Charge Up Your Mind, Body And Soul - Beginner's Journey (Crystal Healing For Beginners, Chakras, Meditating With Crystals, Healing Stones, Crystal Magic, Power of Crystals) (Volume 1)
How to DECLUTTER Your Mind: How to Regain your Self Esteem & Self Confidence: How to Stop Worrying and Relieve Anxiety: Deliver Me From Negative Self Talk
The Self Healing Cookbook : A Macrobiotic Primer for Healing Body, Mind and Moods With Whole, Natural Foods
Body, Mind, and Sport: The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best
HEALING AFFIRMATIONS & HARP: Soothing and Scientifically Sound Positive Affirmations for Self-Healing (AWARD-WINNING CD/Booklet) (Relax Into Healing Series)
Healing Back Pain Naturally: The Mind-Body Program Proven to Work
The Mind-Body Code: How the Mind Wounds and Heals the Body
Magical Mind, Magical Body: Mastering the Mind/Body Connection for Perfect Health and Total Well-Being
Irritable Bowel Syndrome & the Mind-Body Brain-Gut

Contact Us

DMCA

Privacy

FAQ & Help