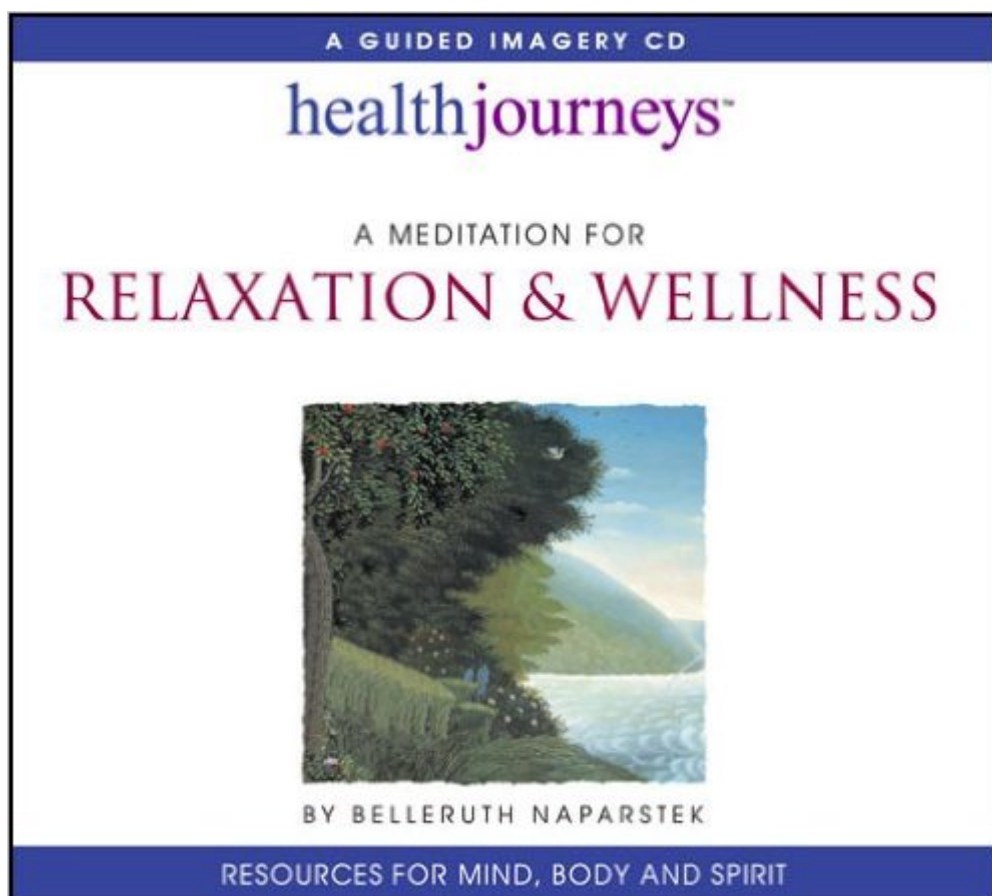


The book was found

# 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: 4.6 out of 5 stars [See all reviews](#) (62 customer reviews)

Best Sellers Rank: #56,367 in Books (See Top 100 in Books) #6 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #20 in [Books > Books on CD > Health, Mind & Body > General](#) #26 in [Books > Books on CD > Health, Mind & Body > Meditation](#)

## Customer Reviews

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.

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