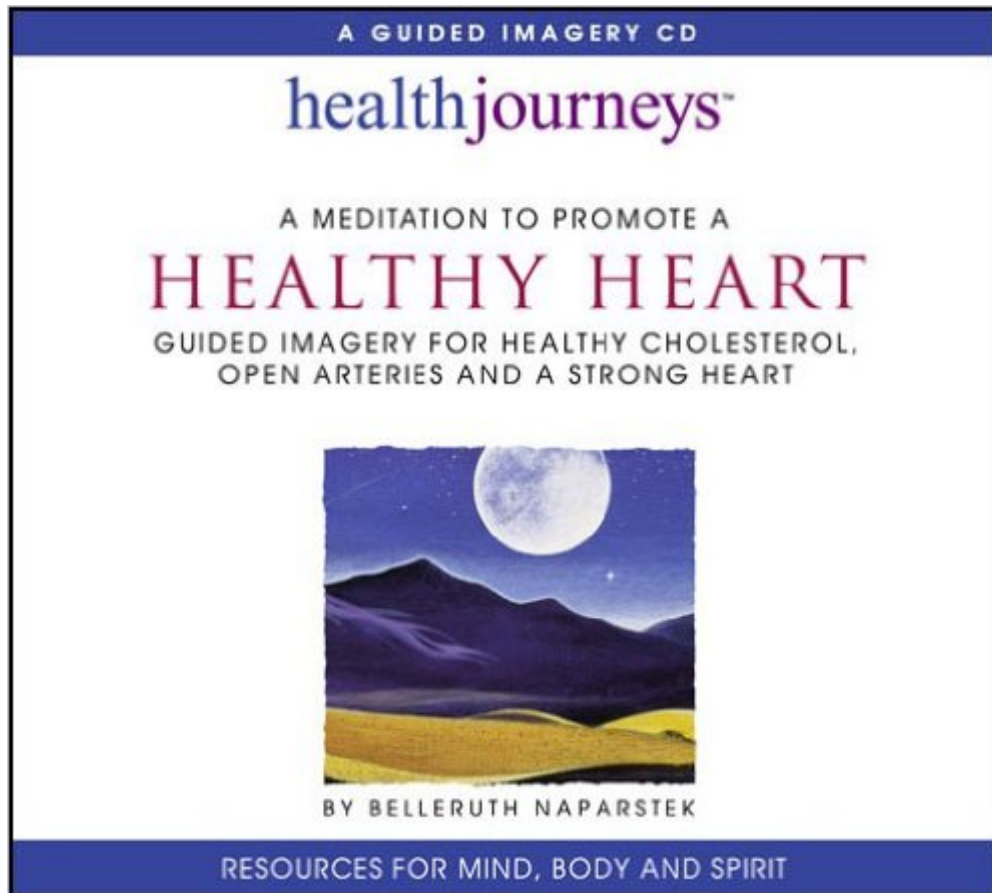


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# A Meditation To Promote A Healthy Heart (Health Journeys)



## 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

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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 [See all reviews](#) (14 customer reviews)

Best Sellers Rank: #661,992 in Books (See Top 100 in Books) #82 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #205 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #337 in [Books > Books on CD > Health, Mind & Body > General](#)

## Customer Reviews

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!

I use the imagery in this whenever it comes to mind. For me the images are easy to visualize and see my cardiac system growing stronger. My blood pressure has dropped and I now take less medication. I would also recommend "Meditation for General Wellness" by Belleruth Naparstek. This is one of my original and most used discs and the one that made me decide to try a Healthy Heart

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.

Bellaruth has the best voice with a tempo that just causes you to slow down and take a deep breath. I love to use the affirmations while I'm driving as I find myself much more relaxed on the road. Just listening to them has helped me feel calmer. I'm working on lowering blood pressure and this CD is helping.

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 used Belleruth Naparstek's tapes before and found them very effective. It took about a week to ten days before the "Healthful Sleep" tape began to work. Now, I am going to sleep before the introduction is finished. It helps a lot. Some nights, I still wake up in the middle of the night. I can listen to Belleruth's soothing voice and hear the soft quiet music instead of turning and tossing and worrying about not sleeping. I think using these tapes is better than taking sleeping medication.

Love listening to Bellruth Naparstek but not that crazy about the music on this one. She has excellent tapes. Don't let my taste in music stop you from buying.

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