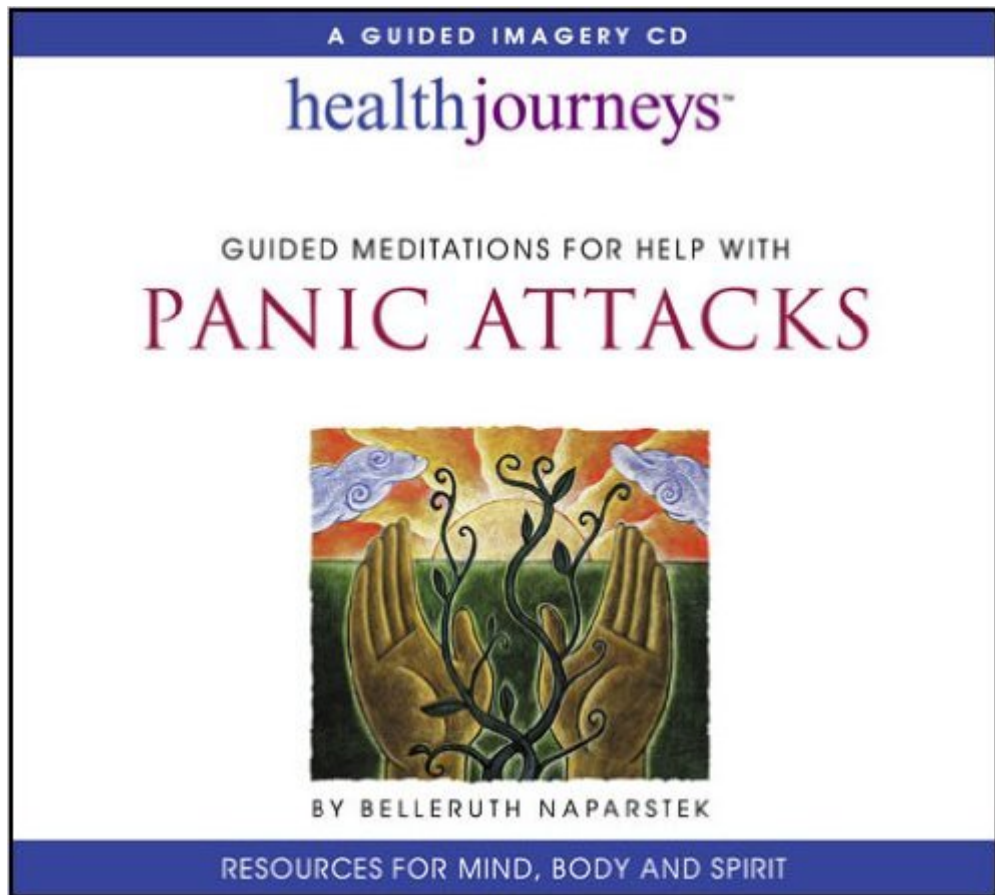


The book was found

# Help With Panic Attacks



## Synopsis

The Health Journeys guided meditation for panic attacks combines several highly effective, research proven approaches to treating panic attacks naturally. Belleruth Naparstek's soothing, trustworthy voice, scored to Steven Mark Kohn's deeply calming, immersive music, guides listeners in brief exercises of conscious breathing, mantra meditation and progressive body scanning, for quick access to a relaxed state. And repeated listening to the 18-minute track of guided imagery for panic attacks, instills a sense of mastery and control to dramatically reduce the frequency and intensity of panic attacks, disruptive anxiety, and even phobias. Positive affirmations use a briefer version of the same healing images and ideas, to play on the go or even while driving. These 5 versatile tracks of panic attack meditation can be used separately or together, in any sequence and in any combination. Research shows that 20 minutes a day of any of this content, 5 days a week, for 6 weeks, will reduce symptoms and provide a natural treatment for panic attacks. Continued use can even help forestall future episodes of panic. For some, this guided meditation for panic attacks has reduced the need for medication; and in some instances, has even replaced it. (Running Time: 66 minutes).

## Book Information

Audio CD

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ISBN-13: 978-1881405931

Product Dimensions: 5.5 x 4.9 x 0.4 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (47 customer reviews)

Best Sellers Rank: #131,485 in Books (See Top 100 in Books) #60 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #61 in [Books > Books on CD > Health, Mind & Body > General](#) #159 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

## Customer Reviews

I've bought several guided meditations in the past year, but I never really like them. The people doing the guiding had unpleasant voices, which to me cancelled out what they were saying. Luckily, by chance, I ordered one by Belleruth Naparstek, and this one works for me. She has a very pleasant voice, and the background music isn't distracting. Also, she has both guided meditations,

and a section on affirmations. She says that the affirmations work better for some people than the meditations, and I agree. The way she does them works well for me. I think they last about 12 or 13 minutes, and in that short period of time, I drift off to sleep. I truly think that listening to them over and over has "soaked into my mind" and is helping me with my attacks (which are related to my poorly controlled high blood pressure). I intend to order a couple more of her CD's. I think they are the best.

I love this CD!!! It has been so helpful in reworking the way I think about panic. It is a great tool to use. I would highly recommend this to anyone with a panic disorder.

In fifteen minutes or so, I learned how to breathe, relax and take control. Sounds too easy but it works!

During a great time of turmoil including radiation therapy, loss of job stress, etc. with a history or anxiety and panic attacks including medications tried, this has literally saved me. You have to keep working at it-try listening to parts of it at least two to three times a day until you can do the techniques on your own when your experiencing anxiety or panic. The simple, soothing breathing techniques are extremely helpful and beneficial. It also has helped with sleeping problems. I often listen to it on my ipod and do the techniques as I'm falling asleep, too. Highly recommend-worth a try and worth the money. It should be titled Panic Attacks and Anxiety, though. It also has several techniques on it in case one is better than another for you such as affirmations, guided imagery, etc. and the music is very nice. All of them work for me. I have tried yoga, tai chi, and acupuncture as well but the great thing about this is you can practice the techniques anywhere, anyplace, any time you feel panic or anxiety without fuss or being obvious. In some cases you may have to slip away to a private place for a few minutes, but it requires little effort.

I bought this for my husband to help him with panic and anxiety attacks and it has helped him greatly. He finds the affirmations especially helpful, particularly when he's at work or in the car and not able to close his eyes and meditate along with the guided imagery track. Often he turns on this CD at bedtime as we go to sleep and we've both found it helps us sleep better all night. Because we liked this CD so much we've bought several others (Healthful Sleep, Healthy Pregnancy/Childbirth) and enjoy those just as much. We highly recommend Belleruth meditations!

Helped me relax, panic attacks still occur but have minimized in intensity. You have to do this daily otherwise it does not work. Has everything my therapist was trying to teach me but now I can be walked through it calmly.

On the advice of a friend who is a medical social worker, I tried and found effective the pre-surgery program in this series. Based on that success, I decided to listen to this cd to deal with my claustrophobia during a cervical spine MRI. I'm not a very nervous person, but I do suffer from extreme claustrophobia to the point where for example being on a half empty bus is intolerable. I began listening to this program only one week before the procedure, each time with my eyes covered, and honestly never made it through to the end without falling asleep. When the day came, the tech played the cd during the procedure, I covered my eyes, and I had absolutely no problem whatsoever. I didn't even have anxiety beforehand. So yes, I would recommend this program. I can't believe I was in a tube for 20 minutes without suffering a panic attack. Amazing. I mean, what do you have to lose?

Her voice is calm and the music is very relaxing i usually fall asleep when I listen to it. I think it has helped me with panic attacks.as when they come now i don't seem to get so afraid of them anymore. i feel more in control.

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Help With Panic Attacks  
Dare: The New Way to End Anxiety and Stop Panic Attacks  
Fast  
When Panic Attacks  
CD: The New, Drug-Free Anxiety Treatments That Can Change Your Life  
The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series)  
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Don't Panic - Dinner's in the Freezer: Great-Tasting Meals You Can Make Ahead  
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