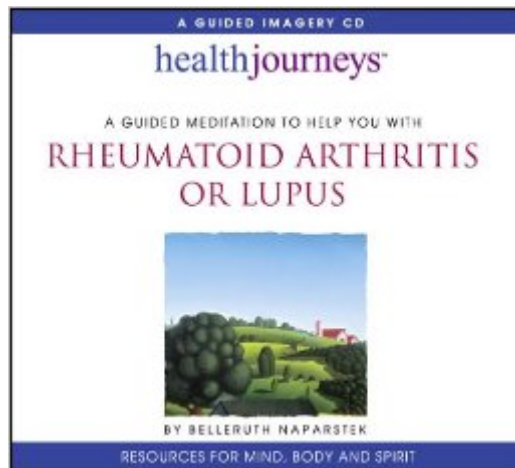




The book was found

A Meditation To Help You With Rheumatoid Arthritis Or Lupus



Synopsis

Belleruth Naparstek created this imagery to focus on inflamed joints subsiding and overactive immune cells settling down. There is imagery to combat pain and fatigue, and encourage feelings of peace, calm and gentleness toward the self. With Affirmations. (Running Time: 50 minutes)

Book Information

Audio CD

Publisher: Health Journeys (August 1, 2003)

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Package Dimensions: 5.5 x 5 x 0.3 inches

Shipping Weight: 0.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 10 customer reviews

Best Sellers Rank: #794,404 in Books (See Top 100 in Books) #41 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #183 in Books > Books on CD > Health, Mind & Body > Meditation #336 in Books > Books on CD > Health, Mind & Body > General

Customer Reviews

I have severe RA and can't take pain medication very often because it tears my stomach apart. I just have to tough out the pain most of the time and sometimes it is just more than I can stand. I went to searching for guided imagery CDs. I bought 5 of them (I'm obsessive!) and one of them happened to be this one by Belleruth. A couple of the others were okay, two were pretty bad, but this one was great. I am so grateful to Belleruth. I have many problems and have a collection of her CD's. I go to sleep every night with one of her CDs playing. Sept 2006 --Sandi (reprinted 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. Veterans 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.

Gave CD to dear friend suffering from rheumatoid arthritis. She reports that it is used together with other therapies and that the guided imagery not only is relaxing but also helps in resting and falling asleep.

I have used the guided imagery to work on an autoimmune problem and regular arthritis for a long time. It works! and helps me sleep.

I like it, but it is taking me more than 3 or 4 times to really get into it. She talks throughout with background music.

I bought this as a cassette, and thought it was the last available copy of the recording. So happy to see it available as a CD, I'm buying it again! I have really bad insomnia and this helped me relax and sleep. I also have been dealing with autoimmune stuff for 17 years, and these affirmations are right on target. Usually guided imagery doesn't work for me, but this recording does.

My mom loves to listen all the time!

GIFTED A FRIEND RECENTLY DX WITH R/A AND SHE ENJOYED LISTENING TO THIS CD.
SOOTHING VOICE ON THE CD AND WELL WORTH THE COST

I bought this particular DVD as a gift for a friend, so I did not open and listen to it, but my experience with other health and wellness DVDs by same author have been excellent. I highly recommend all her work.

My whole family enjoys this soothing meditation. It encompasses forgiveness and also nurturing of self. It is beautiful ! Highly recommended !

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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)

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