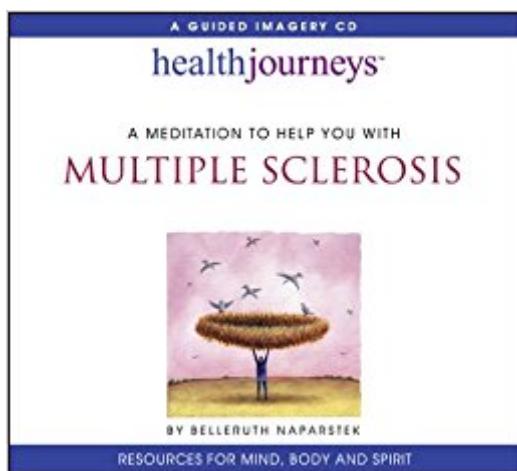


The book was found

# A Meditation To Help You With Multiple Sclerosis



## **Synopsis**

Belleruth Naparstek designed this guided imagery to help combat fatigue and depression; help the body reduce swelling and scarring along the myelin sheath; improve movement and balance; reduce cramping and pain; promote comfort, hope and energy; and calm overactive, misdirected immune cells. (Running Time: 38 minutes)

## **Book Information**

Audio CD

Publisher: Health Journeys (January 1, 1991)

Language: English

ISBN-10: 1881405761

ISBN-13: 978-1881405764

Package Dimensions: 5.6 x 5 x 0.4 inches

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

Average Customer Review: 4.5 out of 5 stars 5 customer reviews

Best Sellers Rank: #567,642 in Books (See Top 100 in Books) #68 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Multiple Sclerosis #137 in Books > Books on CD > Health, Mind & Body > Meditation #217 in Books > Books on CD > Health, Mind & Body > General

## **Customer Reviews**

This always makes me feel inspired and positive about taking care of my MS. The first time I listened to it I didn't get to the end because I fell asleep! Bellaruth's voice is so comforting and soothing. I highly recommend this. April 2008 --Natalie (reprinted from Health Journeys website) I love ,love this guided imagery and recommend it to all,i truly feel it helped heal me ,bravo!!!!

February 2007 --Anne (reprinted from Health Journeys website)Very helpful and soothing. The imagery was excellant and allowed the listener to blend their own relaxing images with that of the narrator. This made it a very effective program for me and left me with a feeling of quiet confidence that I had done something to turn my own body's healing systems toward a different, more positive direction. Her voice is so soothing, it took several listens before I was able to get through the entire exercise without falling asleep. The CD is broken into several short sections making it easy to fit into the time you have. Very well done. February 2007 --Susan (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. Veteran s 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.

This disk will not register on our computer, not able to put this on a device or computer to listen too on the go. Only able to listen to in car disk player.

Very relaxing and relevant visualisations. My friend was very grateful that such a personalised CD for a specific problem is available. Thank you`!

Nice way to unwind after a hectic day.

Ã Ä Å'Ä•

another great cd by Belleruth.

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

Multiple Sclerosis: Simple Changes to Help You Manage Your Multiple Sclerosis  
Multiple Sclerosis - Diet for Recovery: The Multiple Sclerosis Autoimmune Disease Recovery Diet Guide for Beginners  
MULTIPLE SCLEROSIS: A Fresh Approach To Dealing With Multiple Sclerosis  
Multiple Sclerosis  
Many Stories Many Symptoms: A book written by people living with Multiple Sclerosis, about how they deal with the challenges they face. A Meditation to Help You with Multiple Sclerosis 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)  
Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation  
Multiple Sclerosis: The Questions You Have-The Answers You Need  
Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Zen: Beginnerâ™s Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) So, You Have MS. Now What?: My Personal Journey with Multiple Sclerosis  
Multiple Sclerosis and Having a Baby: Everything You Need to Know about Conception, Pregnancy, and Parenthood  
Optimal Health with Multiple Sclerosis: A Guide to Integrating Lifestyle, Alternative, and Conventional Medicine  
Dietary Supplements and Multiple Sclerosis: A Health Professional's Guide  
Healing Multiple Sclerosis: Diet, Detox & Nutritional Makeover for Total Recovery, New Revised Edition  
Stop Alzheimer's Now!: How to Prevent & Reverse Dementia, Parkinson's, ALS, Multiple Sclerosis & Other Neurodegenerative Disorders  
Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimerâ™s, Parkinsonâ™s, Stroke, Multiple Sclerosis, Migraine, and Seizures  
What is a Probiotic, Probiotics against Obesity, Colon Cancer, Inflammatory Bowel Disease, Heart Disease, Multiple Sclerosis, Weight Loss, Cholesterol, Diabetes and Autism.  
Digestive Wellness MS - Living Symptom Free: The True Story of an MS Patient: A Guide on How to Eat Properly and Live a Healthy Life while Controlling, Reducing, and Eliminating the Symptoms of Multiple Sclerosis  
Autoimmune: The Cause and The Cure (This book identifies the cause & the

cure for: Chronic Fatigue Syndrome, Fibromyalgia, Lupus, Rheumatoid Arthritis, Raynaud's, Rosacea, Myasthenia Gravis, Hashimoto's, Type 2 Diabetes, Multiple Sclerosis, Sjogren's, and more)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)