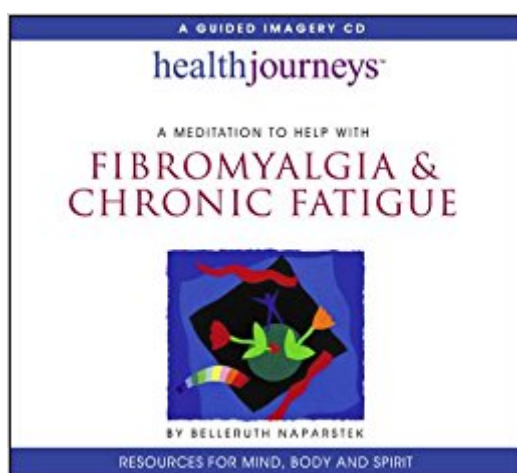


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# A Meditaiton To Help With Fibromyalgia & Chronic Fatigue (Heath Journeys Guided Imagery CD)



## Synopsis

This guided imagery uses the latest research on what helps with FMS and CFS. Imagery of a balanced immune system and relaxed, well-oxygenated muscle tissue join other images that encourage sound sleep, reduce fatigue, pain and depression, and reinforce self-worth and optimism. (Run Time: 47 minutes)

## Book Information

Audio CD: 1 pages

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Product Dimensions: 0.5 x 5.5 x 5 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 28 customer reviews

Best Sellers Rank: #452,154 in Books (See Top 100 in Books) #93 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia](#) #112 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #113 in [Books > Books on CD > Health, Mind & Body > Meditation](#)

## Customer Reviews

This CD is just about as "perfect" as you can get. It brings tears to my eyes often because everything she says is so true. Especially with Epstein Barr/Chronic Fatigue... it is so hard to find those who truly understand the disease. Not only does she hit on the disease itself but her religious remarks hit home with me as well and are comforting. Thank you for this beautiful piece of work - I have not used it long enough for results - but this and prayer... it has to work! (Reprinted from Health Journeys website December 2010) --Cheriel can't begin to tell you how perfect this was for me. I've struggled with unexplained muscle spasms and pain for 20 years. I feel like this is going to help my mind and spirit heal my body once and for all! Thank you so much. (Reprinted from Health Journeys website October 2008) --Daniell have recommended this cd to anyone and everyone who needs help with depression, fibro, chronic fatigue and insomnia..Thank you, Bellruth..May the universe be kind to you always.. (Reprinted from Health Journeys website September 2008) --MaryMargaret

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.

Belleruth's voice and visionary meditation is healing and helpful. If you suffer from pain as I do .. then having this near the bed is great ... take it with you when you nap during the day. someone told me about this and i bought it for someone else. pay it forward if you can. great for anyone who needs to calm the soul and strengthen one's spirit to deal with chronic body pain. a blessing to own

and USE!

This CD has been wonderful. My husband and I listen to it before bed and sometimes I listen to it in the afternoon. It does help us sleep, but I think I hear something new every time I listen to it. It helps me remember to relax my muscles and to breathe deeply. I guess I need the reminder, because I always am surprised to find that my muscles are so tense. I recommend this CD for everyone.

This CD really is tailored for those with fibromyalgia and chronic fatigue. Listening to the "affirmations" on this CD helped me understand important ways to change my mindset to start and then continue to improve my healing. I found the guided meditation calming and soothing in spite of my fatigue and pain. This very appropriate meditation was generally very effective in helping me to relax into a restful meditative state.

Belleruth Naparstek's affirmations and guided imagery offer two choices for feeling better physically, emotionally, and spiritually. I began by listening to one part of the CD before going to sleep at night, and the other part upon awakening in the morning for the first two weeks, and now listen to affirmations or imagery each evening before bed. My body pain has reduced, I feel stronger self confidence, and better able to listen to my body. I highly recommend her CD's to anyone seeking healing in any area she creates CD's for.

I love these CDs from Belleruth Naparstek! These CDs help my patients deal with whatever topic that particular CD is for. Some prefer the guided imagery, others the affirmations!

a terrific cd. i like the visualization on one track and then affirmations on another track. says all the right things that have helped me. she has the perfect voice for a recording and the knowledge and ability to convey. there are those who have the knowledge but should let someone else do the recording. naparstek is great and her soothing voice and presentation give you the right mind set. thank you so much.

I did find this CD helpful. At times I've even fallen asleep before it's finished while listening to it before going to bed. The author's voice is soothing and calming. She talks you through the process of relaxing your body and concentrating on letting the pain go. You can listen to it at any time of the day when the pain becomes unbearable.

I got this for my mom. She loves it! She listens to it everyday for a month now. She says it helps her relax and sleep. It has guided relaxation but at the end it wakes you up.

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Skeletal Pain, Vol 3, No 2) Explaining 'Unexplained Illnesses': Disease Paradigm for Chronic Fatigue Syndrome, Multiple Chemical Sensitivity, Fibromyalgia, Post-Traumatic Stress Disorder, and Gulf War Syndrome

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