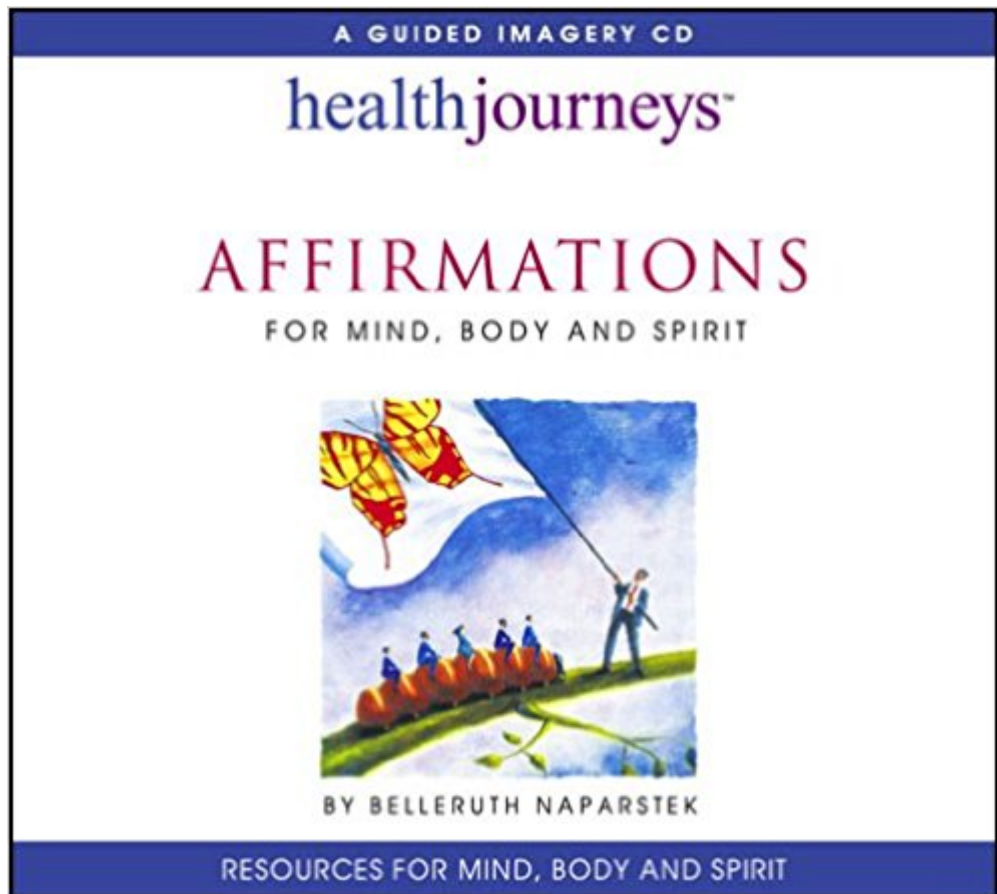




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# Affirmations For Mind, Body And Spirit (Health Journeys)



## Synopsis

This positive affirmations audio offers a series of psychologically supportive statements, spoken in the first person, to help combat negative thinking and set the stage for desired attitude and behavioral change. Repeated listening can result in profound personal growth. Some people find these brief, positive affirmations for self-esteem preferable to a 20 minute hypnotic guided imagery experience, because there is less demand on time, focus or need to be still. In fact, these positive affirmations can be listened to while driving, dressing, folding laundry or shaving, and it will still deliver its powerful, cumulative impact. Written and narrated by psychotherapist and guided imagery pioneer Belleruth Naparstek and scored to the exquisitely soothing music of Steven Mark Kohn, this Health Journeys mind-body audio resource was produced by the Cleveland Orchestra's noted sound engineer, Bruce Gigax. Even people who approach this positive affirmations CD with skepticism report that it steadily improves attitude, mood and behavior in the subtlest and pleasantest of ways. Personal change feels good, organic and natural. (Running Time: 26 Minutes)

## Book Information

Series: Health Journeys

Audio CD

Publisher: Health Journeys, Inc.; Abridged edition (January 1, 1995)

Language: English

ISBN-10: 1881405427

ISBN-13: 978-1881405429

Product Dimensions: 0.2 x 5.5 x 5 inches

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

Average Customer Review: 4.5 out of 5 stars 14 customer reviews

Best Sellers Rank: #625,636 in Books (See Top 100 in Books) #53 in Books > Books on CD > Health, Mind & Body > Fitness #273 in Books > Books on CD > Health, Mind & Body > General #579 in Books > Books on CD > Health, Mind & Body > Self Help

## Customer Reviews

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. 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.

I really enjoy Belleruth Naparstek's work. I own and treasure many of her recordings. However, whoever decided the price point for this cd should be ashamed! The package states that it's nearly an hour of affirmations, but it's like only 26 minutes long and they are basically the same affirmations found on some of her other cds. So for the same price of this, instead buy her *Combat Depression* or *General Wellness* cds because you get identical affirmations, but also a terrific guided imagery experience too. I wouldn't have written this negative review if the price was adjusted to reflect the amount of content. I think \$9.99 would be a more accurate price for what you get. Unfortunately, I got burned on this purchase, but I do hope that other shoppers get to experience her overall spectacular catalogue of self-help products.

Love Belleruth!

On the cover of this CD, it indicates it is approximately 52 minutes. It is actually only one track, of about 26.5 minutes. It is an excellent affirmations recording - but if you have any other Belleruth Naparstek recordings, you likely already have this; it (or an almost identical recording) is used as "Side B" for many of her cassettes. I am a huge Belleruth Naparstek fan, but this should be more clearly indicated for the [\$\$\$]CD price. However, if you don't have any of her other work, and understand that it's just under 1/2 hour (which is good for quick listening), this recording is wonderful and helpful.

It's Always great to hear Belleruth Naparstek's cds.

I very much like this CD and use it at work during the day. Even if I don't repeat the affirmations, I know that they are speaking to my subconscious. Thank you. Prudence

Excellent! I enjoy all of Belleruth Naparstek's guided meditations --- what she says, how she says it -- and the sound of her voice. So relaxing. She makes sense when things get too chaotic. Definitely buy her stuff!!!

I really enjoy any Belleruth Naparstek CD's

Wonderful!

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Affirmations for Mind, Body and Spirit (Health Journeys) Affirmations: 500 Powerful And Positive Affirmations For Maximizing Your Success (FREE BONUS - Law of Attraction Included) (Attract abundance, Reprogram ... Mind, Achieve Success, Law of Attraction) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body, Mind, and Sport: The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best Magical Mind, Magical Body: Mastering the Mind/Body Connection for Perfect Health and Total Well-Being HEALING AFFIRMATIONS & HARP: Soothing and Scientifically Sound Positive Affirmations for Self-Healing (AWARD-WINNING CD/Booklet) (Relax Into Healing Series) Bedtime Affirmations: Positive Daily Affirmations to Aid You

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