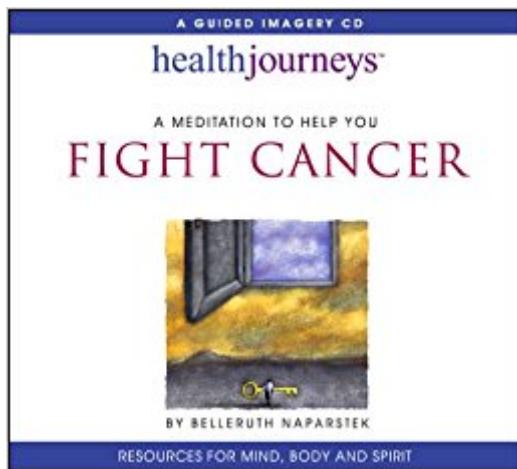


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# Meditation To Help You Fight Cancer



## Synopsis

The Health Journeys guided cancer meditation CD offers 41 relaxing, inspiring minutes of guided imagery and affirmations designed to help the body mobilize a strong immune response to fight cancer naturally, alongside conventional treatments of chemotherapy, radiotherapy and surgery. Belleruth Naparstek's carefully constructed narrative on this cancer meditation imagines tumors shrinking and fighter cells triumphing over cancer cells, while a protective cushion of love and support surrounds the listener. The result of repeated listening is a dissipation of fear and discouragement; and an upturn in hope, motivation and positivity. Naparstek's calm, trustworthy voice is beautifully paired with the exquisitely soothing music of Steven Mark Kohn, to set up the most powerful impact for assisting the body with its own natural ways to fight cancer. A separate track of affirmations bolsters the healing, hypnotic cancer meditation with brief, positive suggestions in a format that can be heard and enjoyed while engaged in other activities, including driving. Meditation and cancer treatment are natural partners, and these state-of-the-art guided meditations for cancer are recommended and distributed by the Mayo Clinic, Johns Hopkins, Dana Farber, Memorial Sloane Kettering and Kaiser Permanente. (Running Time: 41 minutes)

## Book Information

Audio CD

Publisher: Health Journeys; unknown edition (January 1, 1991)

Language: English

ISBN-10: 1881405354

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Package Dimensions: 5.5 x 4.8 x 0.3 inches

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

Average Customer Review: 4.4 out of 5 stars 55 customer reviews

Best Sellers Rank: #60,817 in Books (See Top 100 in Books) #14 in Books > Books on CD > Health, Mind & Body > Meditation #16 in Books > Books on CD > Health, Mind & Body > General #35 in Books > Books on CD > Health, Mind & Body > Self Help

## Customer Reviews

when diagnosed with highly aggressive bladder cancer I bought this. I could actually see the cells exploding the cancer cells-sounds crazy. But after a 2nd surgery to remove what my doctor was sure was another cancer tumor, numerous biopsies, lots of testing, he had to admit that I am cancer-free. No good explanation. This works, along with a good cancer fighting diet. (Reprinted

from Health Journeys website June 2011) --Bettyl bought this mp3 when I realized I was so tired I needed help to become positive in my cancer battle. This is an outstanding tool; everyday I feel my body is now healing with the help of this tool. It is empowering. Thank You! (Reprinted from Health Journeys website January 2011) --Lindal bought this mp3 when I realized I was so tired I needed help to become positive in my cancer battle. This is an outstanding tool; everyday I feel my body is now healing with the help of this tool. It is empowering. Thank You! (Reprinted from Health Journeys website January 2011) --cc

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. 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.

I love to listen to this CD before going to sleep. Belleruth voice is very soothing. I believe in the help provided by this kind of recordings and this one is absolutely the best I have found. I am also using the Belleruth CD on Chemotherapy and I find equally beneficial.

This was the 2nd same audio I bought. I gave one to a family member fighting cancer some years ago and she absolutely loved it and continues to listen to it from time to time. She is now in remission. Recently a co-worker was diagnosed with cancer so I bought it for him. This has helped both him and his wife and he continues to listen to it on a regular basis. I would encourage anyone diagnosed with any illness to listen to this audio. It reduces the stress and anxiety and gives you encouragement. This should be used in conjunction with any medical care a person is receiving but a very important part of the healing process.

These was a staple for me. I used it the night before I'd go in for chemo and in the morning before I'd leave. I had severe anxiety because I'd get so sick so it kept me calm and balanced. I believed I would get well and this meditation helped me to see beyond the immediate and toward the future, which for me was hope.

Bellaruth Naparstek's voice and music is very soothing. I'm listening to these meditations at least once a day and sometimes more, I feel as if the vibrations of these words are very helpful to the healing process. These cd's are very relaxing.

I use this daily. She guides you to conjure up an image, great guidance. At the time, I was doing puzzles a lot to keep my mind off the pain. One of my oldest friends visited and brought a gift--a puzzle. It happened to be of the same image I created using this CD.

My acupuncturist turned me on to Belleruth. I find guided imagery much easier than quiet meditation to relax and harness the mind/body connection. I like Belleruth's voice and her tempo, and her meditations are a great weapon in the cancer-fighting arsenal.

This is a lovely CD. Worth the money.

I have been using this night and morning to help me go through chemotherapy. My doctor is amazed at the results. It helps me to have a positive outlook that assists in my healing.

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