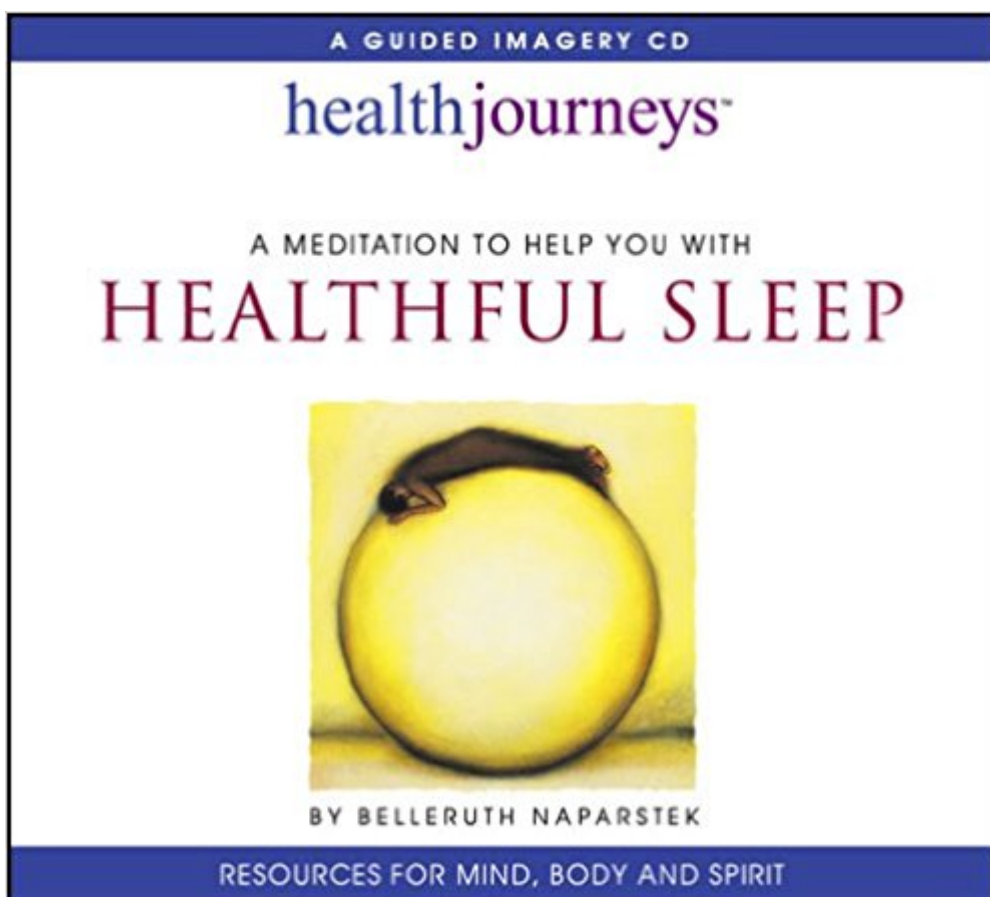


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# Health Journeys: A Meditation To Help You With Healthful Sleep



## Synopsis

Noted psychotherapist and guided imagery pioneer Belleruth Naparstek offers this deeply restorative sleep meditation audio for anyone who wants a better quality or quantity of restful slumber. Her profoundly calming, research-proven guided imagery for sleep creates a rich atmosphere of protection and safety, offering images that are compelling enough to successfully compete with the internal brain chatter that keeps us awake. For a surprising number of people, this guided sleep meditation audio has slowly but surely replaced sleep medication. Belleruth's calming voice, tone and pacing, combined with Steve Kohn's exquisitely soothing music, draws mind, body and spirit down into deep, restful, restorative sleep, naturally and effortlessly, demonstrating why meditation and sleep make such fine bedfellows. This guided sleep meditation is recommended and distributed by The Mayo Clinic, Johns Hopkins, Columbia Presbyterian, the U.S. Veterans Administration and The U.S. Army and Marines. (Running Time: 60 minutes)

## Book Information

Audio CD

Publisher: Health Journeys; 1 edition (January 1, 2000)

Language: English

ISBN-10: 188140532X

ISBN-13: 978-1881405320

Product Dimensions: 5.5 x 0.4 x 4.9 inches

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

Average Customer Review: 4.2 out of 5 stars 101 customer reviews

Best Sellers Rank: #73,575 in Books (See Top 100 in Books) #20 in [Books > Books on CD > Health, Mind & Body > General](#) #22 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #50 in [Books > Books on CD > General](#)

## Customer Reviews

I keep my iPod and headphones by my bed. It almost always works the first time -- sometimes I listen to it twice. The music is beautiful. After a full-body calming it is a bit groovy with the gentle guardians but occasionally it's the guardians part that does the trick. Thank you for a wonderful product. (Reprint from Health Journeys website July 2012) --Julie McAs a nurse, I have a stressful job & yet also need to provide a sense of serenity to my clients. This helps me to relax & unwind after a hard day. The guided imagery is so perfect for me. I highly recommend this title. This can give more peace & tranquility than any tranquilizer or sleeping pill & is only filled with good for you

affirmations to surround & relax you into a restful sleep. (Reprint from Health Journeys website March 2011) --Nurse Nancy know it works for me when I keep successfully falling asleep at about 5-10 minutes into the recording. It produces deeper rest than I normally experience, clear through until my alarm clock turns on or cellphone is paged. Excellent replicability so far; essentially the same results every time I have used it -- even if my mind was buzzing with details when I first turned out the lights. The fun thing is ... I've still never heard the whole guided imagery track. It looks like I would probably have to intentionally sit up with a cup of coffee after a full nights sleep. But then again, why? I think I'll wait, leave it a mystery and discover the rest of the content slowly should I ever run into a night that's more challenging again. Delightfully nourishing and calming voice. Tasteful music in the background. Holds my interest... that is, until I am sound asleep. (Reprint from Health Journeys website March 2011) --Gwendolyn Pincomb, MD, Ph.D.

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.

Purchased it for the intended purpose (to fall asleep!), but went back to using Belleruth's Relaxation & Wellness CD, which has a more effective (for me) Guided Imagery and a section of very useful Affirmations. Both CDs have useful music background, but again, I prefer the R & W CD's to this one. When (sadly, not "If") I awake in the middle of the night, I often just advance the CD to track 3, the Affirmations, and rarely get through to the end of them before I drift back off to sleep. I hope they are unconsciously working on me, as is suggested!

I have yet to listen to the end of this CD. Whenever I have trouble falling asleep, I pop it in the CD player and am asleep in minutes!

I've had sleeping issues for YEARS...got myself a portable CD player for my bedroom and every night before turning off the light, I start this CD and 90% of the time before it's ended, I'm asleep! I love her soothing voice and afterwards, the music continues which feels good

It just didn't do ANYTHING to help me to sleep. Just a waste of my money,

I purchased this CD for my husband and he uses it every night to fall asleep. It has worked well for him.

I found I liked the Relaxation and Wellness CD better but this is ok. Just really similar to the other CD. Probably would not recommend this one to a friend.

Delivery was on time ,but the cd skips and is of no value!

Not at all too new-agey. Her voice is very soothing and she presents images to think about that I

was able to relate/respond to very well. She goes beyond the standard "relax the toes, now the foot, now the ankle" that others have -- the narration also works to quiet the mind. The music in the background is not at all intrusive and the narration with background music eventually goes to background music only; it works well on my iPod, giving me a nice long time to hear music to sleep with. I use this music as a type of white noise also. I highly recommend this dvd, and look forward to trying some of her other ones.

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