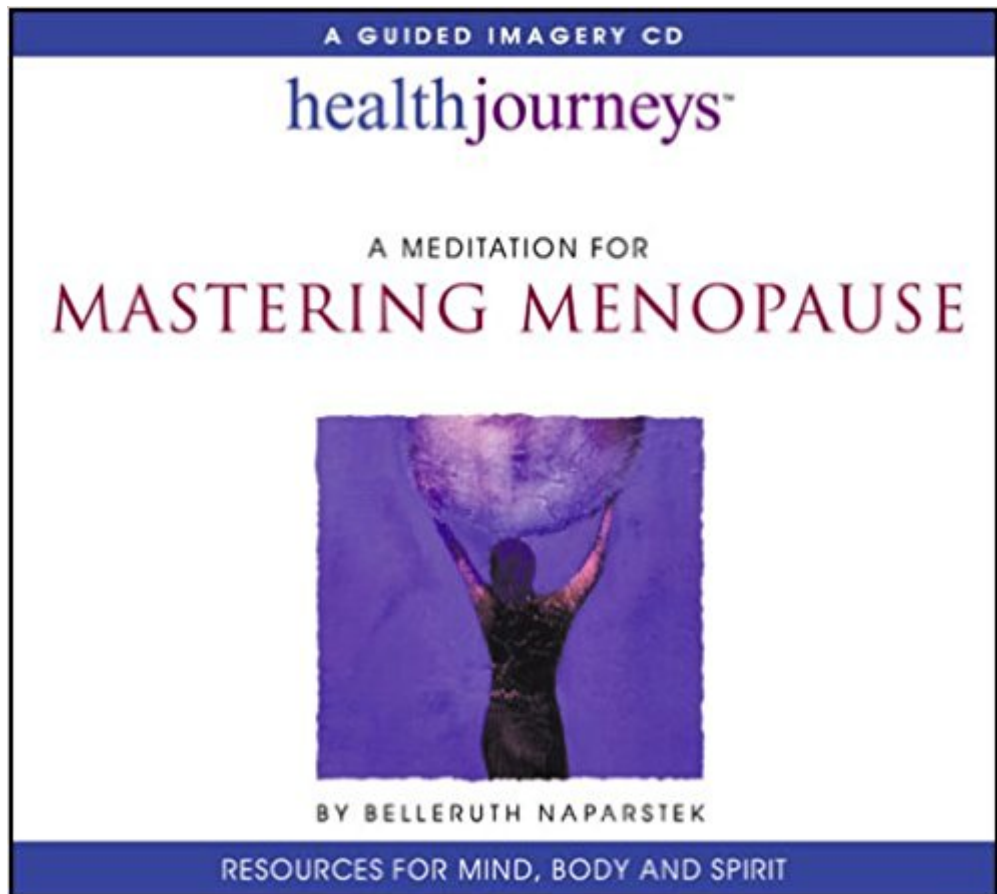




The book was found

A Meditation For Mastering Menopause (Health Journeys)



Synopsis

Belleruth Naparstek designed this guided imagery to help balance mood; harness energy, creativity and power; reinforce self-esteem and confidence; reduce anxiety and discomfort; redefine notions of beauty and aging; encourage restful sleep; and foster love and gratitude for the body. With Affirmations. (Running Time: 50 minutes)

Book Information

Series: Health Journeys

Audio CD

Publisher: Health Journeys; Abridged edition (June 1, 2002)

Language: English

ISBN-10: 1881405559

ISBN-13: 978-1881405559

Product Dimensions: 0.5 x 5 x 5.8 inches

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

Average Customer Review: 4.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #863,498 in Books (See Top 100 in Books) #44 in Books > Health, Fitness & Dieting > Women's Health > Menopause #75 in Books > Books on CD > Health, Mind & Body > Fitness #197 in Books > Books on CD > Health, Mind & Body > Meditation

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 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 pharma

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.

Well I'm just going through perimenopause right now and it is just awful. I can't even stand myself when my hormones get cranked up. Yesterday I had a terrible day. Some of the terrible day happened at the doctor's office so I know that my blood pressure was up and I was just a royal mess. I went home and sat on a comfortable chair outside and used headphones to listen to this Mastering Menopause by Belleruth Naparstek. I've listened to her Helpful Sleep often and especially her Weight Loss guided imagery. I don't know that I agree with all her thoughts in this Mastering Menopause but even if I don't agree with it all I WISH it all were true. At any rate, it calms me right down. Sometimes it calms me down enough to put me to sleep. I recommend Belleruth Naparstek's products for what ever ails you.

Arrived safely

Very helpful

This guided meditation uses images of a circle of supportive women (you can fill in the blanks) who have already crossed this menopause threshold, who are there to assist and guide me. I find this very comforting. Other relaxing images are very empowering and address some of the more

aggravating symptoms. I've definitely felt a difference in the extent of my hot flashes, and my other problems with a delicate gut have also improved. I'm surprised and delighted.

I purchased the grieving cd at the same time and it's wonderful, but this really wasn't even relaxing.

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

A Meditation for Mastering Menopause (Health Journeys) Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation The Menopause Makeover: The Ultimate Guide to Taking Control of Your Health and Beauty During Menopause 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: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems What's Your Menopause Type? The Revolutionary Program to Restore Balance and reduce Discomforts of Menopause The Natural Menopause Solution: Expert Advice for Melting Stubborn Midlife Pounds, Reducing Hot Flashes, and Getting Relief from Menopause Symptoms by Editors of Prevention (Mar 26 2013) The Perfect Menopause: 7 Steps to the Best Time of Your Life [THE PERFECT MENOPAUSE: 7 STEPS TO THE BEST TIME OF YOUR LIFE] by Hess, Henry M. (Author) May-01-2008 Paperback A Meditation for Relaxation & Wellness (Health Journeys) Health Journeys: A Meditation to Help You with Healthful Sleep A Meditation to Help With Irritable Bowel Syndrome & Inflammatory Bowel Disease (Health Journeys) A Meditation To Promote A Healthy Heart (Health Journeys) Health Journeys: A Meditation to Help You Relieve Depression Meditation To Help with Anger & Forgiveness (Health Journeys) Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Great Journeys in the Heart of the Forest (Penguin Great Journeys) Great Journeys Jaguars and Electric Eels (Penguin Great Journeys) English Journeys English Folk Songs (Penguin English Journeys) Motorcycle Journeys Through North America: A guide for choosing and planning unforgettable motorcycle journeys

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help