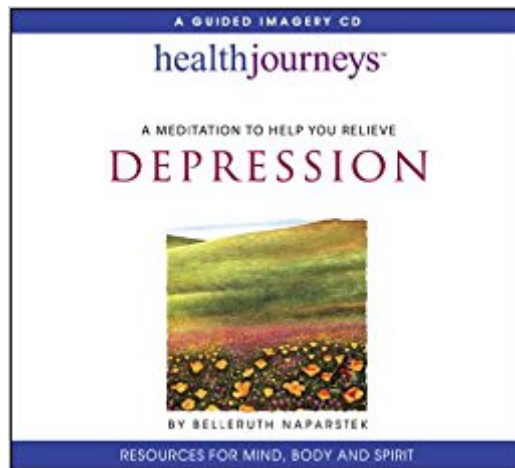




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# Health Journeys: A Meditation To Help You Relieve Depression



## Synopsis

With repeated listening, Belleruth Naparstek's guided meditation for depression helps lift the heavy fog of depression and liberate tamped down energy, reuniting listeners with their own inner strength and reinstating their feelings of hope, motivation and possibility. The Health Journeys depression meditation works well in conjunction with psychotherapy and medication, or as a stand-alone aid. It has even been found helpful to people dealing with bipolar illness. A separate track of affirmations uses a briefer format for treating depression naturally, disrupting the harsh, self-critical thinking of depression with positive statements, designed to be played repeatedly, while on the go and even while driving. Written and narrated by noted psychotherapist, author and guided imagery pioneer Belleruth Naparstek, and scored to the exquisite, immersive music of Steven Mark Kohn, this empowering guided imagery for depression was produced by the Cleveland Orchestra's Bruce Gigax. For those who wish to try treating depression naturally, before turning to medication with side effects, this program is for you. (Running Time: 44 minutes)

## Book Information

Audio CD

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Average Customer Review: 4.2 out of 5 stars 48 customer reviews

Best Sellers Rank: #214,954 in Books (See Top 100 in Books) #57 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #75 in [Books > Books on CD > Health, Mind & Body > General](#) #170 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

## Customer Reviews

I just started using this CD and it has been so helpful to me during my separation from my husband. It helps me sleep at night and if I need it, it will calm me down during the day. (Reprinted from Health Journeys website April 2010) --BarbA friend had used Ms. Naparstek's guided imagery recordings to help her through her battle with cancer and lent them to me when I was going through a rough time. Listening to them saved my life and gave me the gift of the only refuge from depression I had at that difficult time. Her words, voice, and accompanying soft music were a balm

against the agonies in my soul. My gratitude can't be sufficiently expressed. A thousand thanks. (Reprinted from Health Journeys website August 2008) --Danielal had chronic, debilitating depression all my life due to physical and sexual abuse, and I had desperately tried everything to alleviate it, from medication to hypnosis. I read everything I could get my hands on. Nothing worked--at best there would be brief lessening of pain, but nothing significant. I really felt doomed, as if my situation was hopeless. Then, one day, I bought Bellruth's tape, and it literally changed my life. Twelve years later I am still free of depression--but only when I listen to this tape periodically to keep up the treatment. It used to be I had to listen to it every day. But over time, I was able to listen to it less frequently, and now I only listen to it when I feel myself sinking back. What is so powerful about this tape compared with everything else out there? I think there is something about Bellruth's imagery and the way that she directs the body's energy through it that seems to cause an inner shift to take place. For me, the imagery on the Depression tape is particularly powerful because it generates a new energy source that seems to well up inside, and it's a powerful feminine source. Stress and negativity and self-hatred become displaced by that energy. It's really remarkable--definitely the closest thing to a miracle I've ever experienced. I'm grateful. Needless to say, I've worn out many copies of that tape--and have ordered many more to give away to others who have struggled as I have. My life is completely different thanks to this tape/CD. (Reprinted from Health Journeys website June 2008) --Grateful

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'm a psych nurse, and Belleruth Naparstek is a legend in guided meditation. I had a concussion that changed my internal world (post-concussive syndrome) and, although I wasn't experiencing clinical depression, I figured this would be generic enough to cover all the bases, and it was. I used it for a couple of months until I felt more stable. Her voice is lovely and she is able to give voice to what most might find to be uncomfortable experiences. Those who are suffering will recognize those subjects as authentic, and will be grateful to have those experiences validated. I'm thinking of getting the CD specifically for head injuries now. I can't thank her enough for her unique talent. I've been recommending her for years, but now I can speak from experience. Review her many selections and find the one that speaks to you. Listening to the CD on a consistent (for me it was daily, sometimes twice a day) basis will help. Your mind believes what you tell it; let it listen to something helpful and life-affirming. You will find relief here.

My experience: I listened to this CD once, and two days later I had a realization/deep knowing that helped improve my self-esteem dramatically. I can only attribute it to the CD as I do not know where else this realization could have come from. We can be inundated with the positive, but not be able to accept and receive it until our mind is ready. I think perhaps this CD helped my mind to be open to positive things about myself. It was really a life changing experience that I think will have a dramatic impact on my depression. I'm so glad I got this CD and am looking forward to listening to the other

imagery CDs I bought by her to see what might happen.

Not what I was expecting and price is high

I consider Coleridge's two-volume biography of Samuel Taylor Coleridge one of the best literary biographies I have ever read. The life is fascinating and the book is so well written. The two volumes are Coleridge: Early Visions 1772-1804 and Coleridge: Darker Revisions 1804-1834. The first volume is more interesting because that's when Coleridge wrote the great poetry.

I use nearly all of the Health Journey CDs. No matter what the topic, they seem to redirect my life in a more positive direction and orchestrate circumstances more in my favor. They are effortless, for the help they provide. I've given a few of these as gifts and feel confident that they are just as effective for anyone who uses them. Over time the messages become so ingrained that by listening as needed is possible too. I'm grateful to have such a helpful resource!

I really like this CD. I don't know how much it contributed to my lessening depression ( I've made other changes too) but I think it has helped. When the CD began, I was really bothered by Ms Naparstek's voice. But when she actually starts the process her voice softens and is warm and comforting. The background music is the best I've heard on any of these type of CDs.

I have only been listening to this cd for approximately one week and I already notice a difference. I wake up feeling less tired and not dreading the day. I seem to have a more positive outlook when I wake up. I have been falling asleep to it and waking up to it and as the cd suggests these are optimal times to listen. I have mild depression so I don't know how it would work with someone with more severe depression but it is worth trying!

I found the guided meditation very powerful and helpful. The affirmations are extraordinary. I transferred them to my MP3 player and listen to them while I'm walking which contributes to bilateral stimulation and memory retention. Bellruth has an amazing voice and gift for this kind of meditative process. I highly recommend it to anyone with depressive symptoms.

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Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free)

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