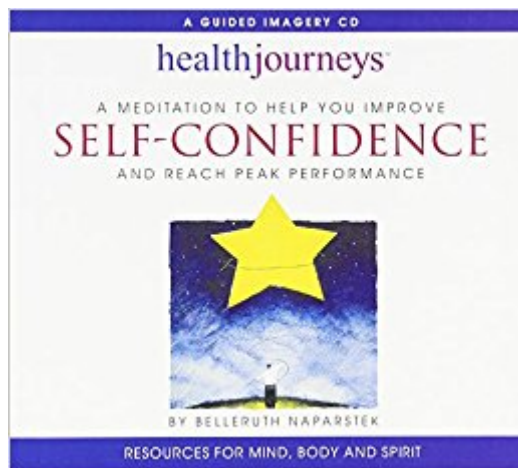




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# A Meditation To Help You Improve Self-Confidence And Reach Peak Performance



## Synopsis

Belleruth Naparstek's guided meditation for self-confidence replaces anxiety and fear of failure with an energized, calm sense of mastery and flow. Listeners engage in improving self-confidence by envisioning success while mentally rehearsing an anticipated activity, such as test-taking, meeting work challenges, sports performance, public speaking, auditions or social engagements. Repeated listening to this Health Journeys self-confidence meditation delivers a powerful lesson in how to build self-esteem, ease and peak performance in the pleasantest of ways. The guided imagery for self-confidence offers additional images of being surrounded by loving support and caring well-wishers. Affirmations offer briefer versions of the same empowering images and ideas, for those who prefer a briefer format that can be used while on the go and even while driving. Written and narrated by psychotherapist, author and guided imagery innovator, Belleruth Naparstek, whose calm, trustworthy voice is beautifully paired with the exquisitely soothing music of Steven Mark Kohn, this guided meditation for self-confidence promotes calm, focused performance under pressure while heightening creativity, endurance, flexibility and success. (Running Time: 58 Minutes)

## Book Information

Audio CD

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Product Dimensions: 5.5 x 0.3 x 4.9 inches

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Average Customer Review: 4.0 out of 5 stars 36 customer reviews

Best Sellers Rank: #135,560 in Books (See Top 100 in Books) #33 in Books > Books on CD >

Health, Mind & Body > Meditation #41 in Books > Books on CD > Health, Mind & Body > General

#101 in Books > Books on CD > Health, Mind & Body > Self Help

## Customer Reviews

This meditation gets better and better every time I listen to it. I am experiencing a meaningful and profound change in my life and I know the meditation is a contributor. March 2012 --Michele (reprinted from Health Journeys website) This was wonderful and very helpful when attempting something challenging or new. December 2011 --Lynn (reprinted from Health Journeys website) Great presentation, smart and very inspiring. Beautiful music. Thanks.. August 2010

--Miguel (reprinted from Health Journeys website)

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.

This CD is similar to the guided meditation to help you sleep, also by Be. Naparstak, and I have found both to be very helpful, after, as she suggests on the CD, listening for several weeks, as I

have. The imagery and music are somewhat alike, as well as the music, but, just different enough to carry you through and support you as you continue to listen. I do fall asleep faster, and I feel I sleep a little better, I pick it up from time to time, especially when very stressed; the confidence CD will take longer for me, but I feel stirrings that it is working as it should-on an individual basis. I would recommend these two CDs, but all should realize that all health aids work in relation to how much you want them to work, and how many brick walls you have to knock down. I plan on ordering at least two more of her health journeys, I wish you success with any you try.

Very soothing and peaceful. I've had this for a couple years now. Still listen to it. I like listening to it when I'm running. Pump that confidence right into you! Laying down is advised per author :) Building confidence for me seems like it will be a lifetime practice and that's okay as long as I have someone like B. Naparstek to listen to everyday. She was recommended by a counselor and it was one of the best things I took from that experience.

A Meditation to Help You Improve Self-Confidence and Reach Peak is a great guided meditation. I have heard stronger meditation messages, but this one is gentle and soothing. I like Belleruth Naparstek voice and would buy some of her other meditation CD's.

Her CD for grief is better. There is a lot of overlap.

I have several of these cd's and I like the music and voice of the woman, I like the lose weight one the best. I have not lost weight, yet I have not gained either. I just like the relaxation of the cd and I go to sleep right after listening to it. I use it mostly to sleep through the night.

I have a troubled child in my care. She really likes this. Helps her rethink her issues.

The women's voice and music is very annoying

Very nicely done. Easy voice to listen to. Great message. Could be longer.

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A Meditation to Help You Improve Self-Confidence and Reach Peak Performance Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Confidence: How to Build

Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Confidence: Gaining the Confidence You Need to Succeed in Life.: Easy Tips & Tricks on How to become more Self Confident and Gain Creative Confidence (Confidence: ... Person You've Always Wanted to be. Book 1) How To Say No (For Teens) (When I Say No I Feel Guilty, Self Confidence, Teen Self Help, Self Help Books for Women, Social Skills Book 1) The Think Confident, Be Confident Workbook for Teens: Activities to Help You Create Unshakable Self-Confidence and Reach Your Goals Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) Mental Toughness: For Peak Performance, Leadership Development, and Success: How to Maximize Focus, Motivation, Confidence, Self-Discipline, Willpower, and Mind Power in Sports, Business, and Health Mental Toughness for Peak Performance, Leadership Development, and Success: How to Maximize Your Focus, Motivation, Confidence, Self-Discipline, Willpower, and Mind Power in Sports, Business or Health Charisma: Discover How to be More Charismatic, Enhance Your Social Skills and Create a Magnetic Aura: Confidence Hacks (Charisma, Confidence, Self Confidence, ... Influence, Persuasion, Mind Hacks, Book 7) Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Reach: A New Strategy to Help You Step Outside Your Comfort Zone, Rise to the Challenge, and Build Confidence NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) Tony Robbins: 33 Life Mastery Lessons (Free "Morning Routine") (Motivate Yourself, Peak Performance, Build Confidence, Business Mastery, Success Principles, Life Coach, Mindset) Tony Robbins: 33 Life Mastery Lessons (Motivate Yourself, Peak Performance, Build Confidence, Business Mastery, Success Principles, Life Coach, Mindset) High Self Esteem Hypnosis Bundle: Boost Your Confidence, Know Your Worth and Develop High Self Esteem with Hypnotherapy and Meditation Super Self-Respect, Boost Your Self-Worth & Confidence: Sleep Learning, Guided Meditation, Affirmations, Relaxing Deep Sleep Meditation Techniques: Complete Guide to Relieving Stress, Mindfulness, Happiness and Peace (Meditation Made Easy For Beginners, How To Reduce Stress, Anxiety, Restore Confidence and Inner Peace) The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control (Instant Help)

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