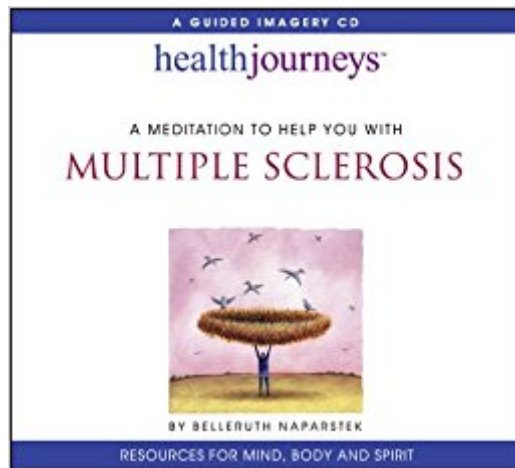




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# A Meditation To Help You With Multiple Sclerosis



## Synopsis

Belleruth Naparstek designed this guided imagery to help combat fatigue and depression; help the body reduce swelling and scarring along the myelin sheath; improve movement and balance; reduce cramping and pain; promote comfort, hope and energy; and calm overactive, misdirected immune cells. (Running Time: 38 minutes)

## Book Information

Audio CD

Publisher: Health Journeys (January 1, 1991)

Language: English

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Package Dimensions: 5.6 x 5 x 0.4 inches

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

Average Customer Review: 4.5 out of 5 stars 5 customer reviews

Best Sellers Rank: #567,642 in Books (See Top 100 in Books) #68 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Multiple Sclerosis](#) #137 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #217 in [Books > Books on CD > Health, Mind & Body > General](#)

## Customer Reviews

This always makes me feel inspired and positive about taking care of my MS. The first time I listened to it I didn't get to the end because I fell asleep! Belleruth's voice is so comforting and soothing. I highly recommend this. April 2008 --Natalie (reprinted from Health Journeys website)  
love ,love this guided imagery and recommend it to all,i truly feel it helped heal me ,bravo!!!!  
February 2007 --Anne (reprinted from Health Journeys website)Very helpful and soothing. The imagery was excellent and allowed the listener to blend their own relaxing images with that of the narrator. This made it a very effective program for me and left me with a feeling of quiet confidence that I had done something to turn my own body's healing systems toward a different, more positive direction. Her voice is so soothing, it took several listens before I was able to get through the entire exercise without falling asleep. The CD is broken into several short sections making it easy to fit into the time you have. Very well done. February 2007 --Susan (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 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 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 disk will not register on our computer, not able to put this on a device or computer to listen too on the go. Only able to listen to in car disk player.

Very relaxing and relevant visualisations. My friend was very grateful that such a personalised CD for a specific problem is available. Thank you`!

Nice way to unwind after a hectic day.

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another great cd by Belleruth.

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cure for: Chronic Fatigue Syndrome, Fibromyalgia, Lupus, Rheumatoid Arthritis, Raynaud's, Rosacea, Myasthenia Gravis, Hashimoto's, Type 2 Diabetes, Multiple Sclerosis, Sjogren's, and more)

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