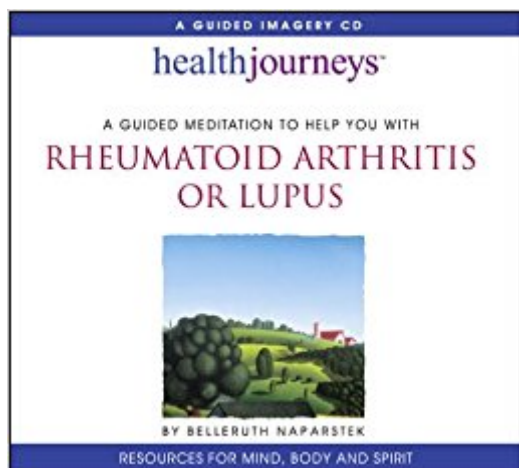


The book was found

# A Meditation To Help You With Rheumatoid Arthritis Or Lupus



## Synopsis

Belleruth Naparstek created this imagery to focus on inflamed joints subsiding and overactive immune cells settling down. There is imagery to combat pain and fatigue, and encourage feelings of peace, calm and gentleness toward the self. With Affirmations. (Running Time: 50 minutes)

## Book Information

Audio CD

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Package Dimensions: 5.5 x 5 x 0.3 inches

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

Average Customer Review: 4.6 out of 5 stars 10 customer reviews

Best Sellers Rank: #794,404 in Books (See Top 100 in Books) #41 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases](#) #183 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #336 in [Books > Books on CD > Health, Mind & Body > General](#)

## Customer Reviews

I have severe RA and can't take pain medication very often because it tears my stomach apart. I just have to tough out the pain most of the time and sometimes it is just more than I can stand. I went to searching for guided imagery CDs. I bought 5 of them (I'm obsessive!) and one of them happened to be this one by Belleruth. A couple of the others were okay, two were pretty bad, but this one was great. I am so grateful to Belleruth. I have many problems and have a collection of her CD's. I go to sleep every night with one of her CDs playing. Sept 2006 --Sandi (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.

Gave CD to dear friend suffering from rheumatoid arthritis. She reports that it is used together with other therapies and that the guided imagery not only is relaxing but also helps in resting and falling asleep.

I have used the guided imagery to work on an autoimmune problem and regular arthritis for a long time. It works! and helps me sleep.

I like it, but it is taking me more than 3 or 4 times to really get into it. She talks throughout with background music.

I bought this as a cassette, and thought it was the last available copy of the recording. So happy to see it available as a CD, I'm buying it again! I have really bad insomnia and this helped me relax and sleep. I also have been dealing with autoimmune stuff for 17 years, and these affirmations are right on target. Usually guided imagery doesn't work for me, but this recording does.

My mom loves to listen all the time!

GIFTED A FRIEND RECENTLY DX WITH R/A AND SHE ENJOYED LISTENING TO THIS CD. SOOTHING VOICE ON THE CD AND WELL WORTH THE COST

I bought this particular DVD as a gift for a friend, so I did not open and listen to it, but my experience with other health and wellness DVDs by same author have been excellent. I highly recommend all her work.

My whole family enjoys this soothing meditation. It encompasses forgiveness and also nurturing of self. It is beautiful ! Highly recommended !

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Arthritis: An Ultimate Guide For Arthritis: (Symptoms of Arthritis, Rheumatoid Arthritis, Psoriasis Arthritis, Types of Arthritis, Cure for Arthritis) A Meditation to Help You with Rheumatoid Arthritis or Lupus E N B R E L (Etanercept): Treats Ankylosing Spondylitis (AS), Juvenile Idiopathic Arthritis (JIA), Plaque Psoriasis, Psoriatic Arthritis, and Rheumatoid Arthritis (RA) Rheumatoid Arthritis Unmasked: 10 Dangers of Rheumatoid Disease Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) REMICADE (Infliximab): Treats Rheumatoid Arthritis, Psoriatic Arthritis, Ankylosing Spondylitis, Crohn Disease, Plaque Psoriasis, and Ulcerative Colitis Rheumatoid Arthritis Handbook: Arthritis Pain Relief and Prevention Through Holistic Healing (Medical Diseases, RA, Rheumatology, Natural Remedies, Holistic Health) Autoimmune: The Cause and The Cure (This book identifies the cause & the 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) The New Arthritis Breakthrough: The Only Medical Therapy Clinically Proven to Produce Long-term Improvement and Remission of RA, Lupus, Juvenile RS, ... & Other Inflammatory Forms of Arthritis The New Arthritis Breakthrough: The Only Medical Therapy Clinically Proven to Produce Long-term Improvement and Remission of RA, Lupus, Juvenile RS, Fibromyalgia, ... & Other Inflammatory Forms of Arthritis 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)

Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, ... (Eat Right 4 (for) Your Type Health Library) Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid (Dr. Peter D'adamo's Eat Right for Your Type Health Library) RITUXAN (Rituximab): Treats Rheumatoid Arthritis (RA), Wegener Granulomatosis, Microscopic Polyangiitis (MPA), and also treats Cancer, including Lymphoma and Leukemia The Rheumatoid Arthritis Cookbook: Anti-Inflammatory Recipes to Fight Flares and Fatigue Rheumatoid Arthritis & Related Diseases Living with Rheumatoid Arthritis (A Johns Hopkins Press Health Book) HUMIRA Solution: Treats Arthritis (Rheumatoid, Juvenile Idiopathic, Psoriatic), Ankylosing Spondylitis, Adult & Pediatric Crohn's Disease, Ulcerative Colitis, and Plaque Psoriasis The Real Pain of RA (Rheumatoid Arthritis): A Patient's Perspective

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