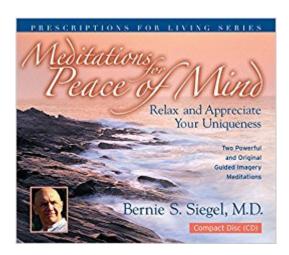


The book was found

Meditations For Peace Of Mind (Prescriptions For Living)





Synopsis

On this CD, Dr. Bernie Seigel guides you through two individual and empowering meditations, each a combination of guided imagery and auto-hypnosis. These inspiring inner journeys are designed to assist you in dealing with negative thoughts, past hurts, stress, grief, and other conditions that can contribute to your lack of well-being. Bernie \tilde{A} ¢ \hat{a} ¬ \hat{a} ,¢s calm, resonant voice gently helps you experience your own unique qualities, as well as your inner and outer beauty.

Book Information

Series: Prescriptions for Living

Audio CD

Publisher: Hay House (May 1, 2004)

Language: English

ISBN-10: 1401903975

ISBN-13: 978-1401903978

Product Dimensions: 5.7 x 0.4 x 5 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 45 customer reviews

Best Sellers Rank: #225,880 in Books (See Top 100 in Books) #57 inà Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #60 inà Books > Books on CD > Health, Mind & Body > Meditation #180 inà Â Books > Books on CD > Health, Mind & Body > Self Help

Customer Reviews

Bernie S. Siegel, M.D., attended Colgate University and Cornell University Medical College. His surgical training took place at Yale New Haven Hospital and the Children \tilde{A} ¢ \hat{a} $\neg \hat{a}$,¢s Hospital of Pittsburgh. He is the bestselling author of many books including Love, Medicine & Miracles, ISBN:

0060919833; Peace, Love & Healing and Prescriptions for Living, ISBN: 0060917059; and the audio Healing Meditations, ISBN: 1-56170-771-6.Ã Â Bernie is the president of the American Holistic Medical Association.

I made a mistake on my first review and pushed 1 star instead of 5 so I am entering the information again."I love Bernie Siegel and all of his CD's and Books, he is the best when it comes to motivation and meditations information. I'm being treated for a difficult Lymphoma Cancer that hit two months ago. I have made listening to Bernie a part of my treatment plan every day. His words are from his heart and he knows how to motivate and lift the human spirit especially when life struggles hit."

I have a huge respect for Dr.Siegel and was very pleased with this meditation cd.. His voice is very soothing, the music is very tranquil and if you let your mind follow his voice, you'll have a wonderfully relaxing, peaceful and inspirational meditative journey. Great to use before you fall asleep, while you fall asleep, upon awakening or during the day when you need a stress free break. I have a large collection of meditation cd's, and this by far, has become one of my all time favorites.

Well, the Meditation is not bad at all, but what i did not like, is that every time you start the CD, he talks about why he made this CD and how to use it. I really dont need to hear it every time i want to meditate. So, thats annoying. I honestly prefer Louise Hay's Meditation, because she gets right into it when you put CD on. I will give this meditation another chance, just because everyone here seems to like it.

I love what Bernise has to say, but the high pitched piano music in the background kept getting on my nerves. That defeated the whole purpose of a relaxation meditation for me.

Easy transaction. Meditations are great to listen to.

Content good. voice level/tone quality poor. Probably has been dubbed from cassette.

Great gift for yourself to help you relax or for a family member who is chronically ill or medical issues.

Ordered because this is an old favorite of mine from the 90s. it's as good as ever, with Bernie's

quiet, gentle voice, and music that carries the meditation along. But the sound quality seems like it was taken right off an old tape.

Download to continue reading...

Meditations for Peace of Mind (Prescriptions for Living) Crystal Prescriptions: The A-Z Guide to Over 1,200 Symptoms and Their Healing Crystals (Crystal Prescriptions) Meditations for Morning and Evening (Prescriptions for Living) Meditations for Overcoming Life's Stresses and Strains (Prescriptions for Living Series) The Power of Your Subconscious Mind: There Are No Limits to the Prosperity, Happiness, and Peace of Mind You Can Achieve Simply by Using the Power of the Subconscious Mind, Updated A Touch of His Peace: Meditations on Experiencing the Peace of God Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconcious mind power, NLP, Neuro Linguistic Programming) Yoga Body and Mind Handbook: Easy Poses, Guided Meditations, Perfect Peace Wherever You Are Day by Day: Daily Meditations for Recovering Addicts (Hazelden Meditations) Food for Thought: Daily Meditations for Overeaters (Hazelden Meditations) Tending Dandelions: Honest Meditations for Mothers with Addicted Children (Hazelden Meditations) The Promise of a New Day: A Book of Daily Meditations (Hazelden Meditations) Meditations for Manifesting: Morning and Evening Meditations to Literally Create Your Heart's Desire Understanding Living Trusts: How You Can Avoid Probate, Keep Control, Save Taxes, and Enjoy Peace of Mind Peace in the Storm: Meditations on Chronic Pain and Illness Meditations for Happiness: Rewire Your Brain for Lasting Contentment and Peace The Green Pharmacy Anti-Aging Prescriptions: Herbs, Foods, and Natural Formulas to Keep You Young Start Strong, Finish Strong: Prescriptions for a Lifetime of Great Health Dr. Blaylock's Prescriptions for Natural Health: 70 Remedies for Common Conditions Healthy at Home: Get Well and Stay Well Without Prescriptions

Contact Us

DMCA

Privacy

FAQ & Help