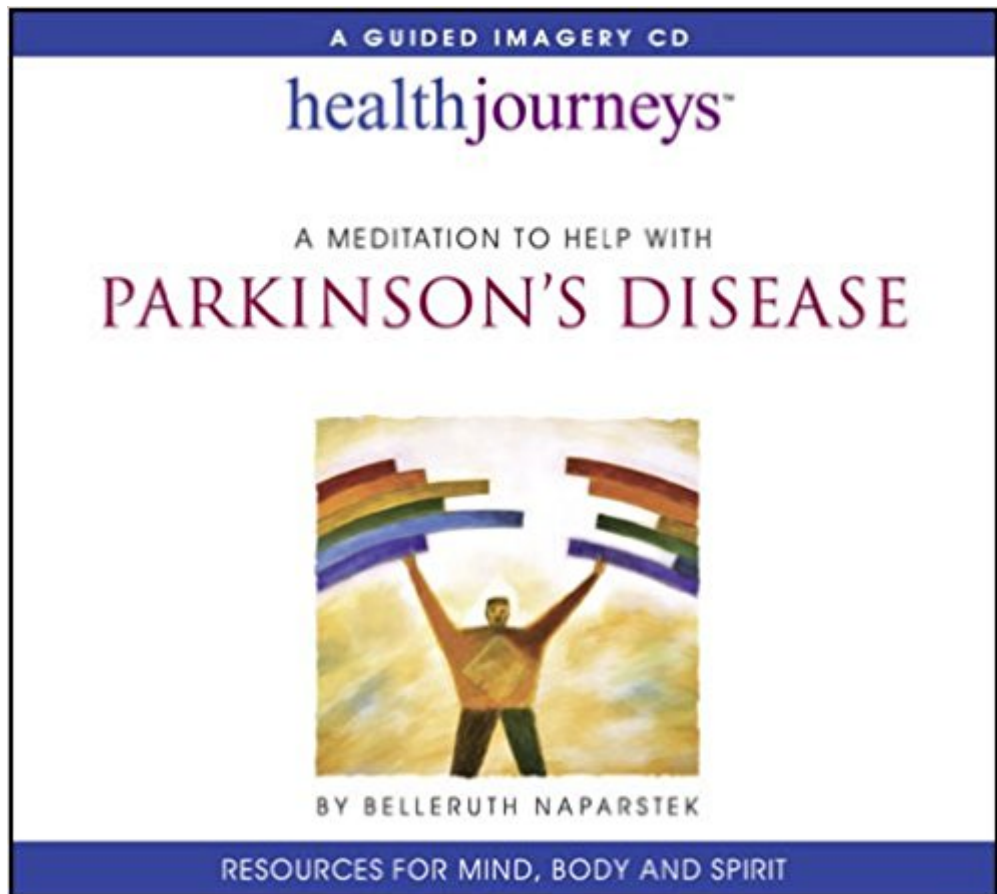




The book was found

A Meditation To Help With Parkinson's Disease



Synopsis

Designed to promote relaxation; regulate mood; encourage balance and good posture; imagine strong, steady movement; alleviate depression, discouragement and fatigue; increase symptom control over freezing, cramping and/or tremors; support energy, self-esteem and motivation.

Includes cellular imagery specific to PD. (Running Time: 51 minutes)

Book Information

Audio CD

Publisher: Health Journeys (May 1, 2006)

Language: English

ISBN-10: 1881405907

ISBN-13: 978-1881405900

Package Dimensions: 5.6 x 4.9 x 0.2 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #326,206 in Books (See Top 100 in Books) #31 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Parkinson's Disease](#) #2341 in [Books > Books on CD](#)

Customer Reviews

Wonderful, relaxing, much needed tape for all of the above and stress reduction. This was a real bargain and I do highly recommend its use. Feb 2011 --Cathy (reprint 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.

A Meditation To Help With Parkinson's Disease: This cd it helps you too feel positive and too feel that you are getting better. It also helps with other diseases too. Thank you.

Great meditation DVD. Relaxing and calming

I bought it for a friend with Parkinson's. I watched her reaction as she listened. It was very calming. It's good to have an alternative to drugs. Highly recommended.

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Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) 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) A Meditation To Help With Parkinson's Disease
Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation A Parkinson's Primer: An Indispensable Guide to

Parkinson's Disease for Patients and Their Families The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease (100 Questions & Answers) Parkinson's Humor - Funny Stories about My Life with Parkinson's Disease Cook Well, Stay Well with Parkinson's Disease - Super Foods for Super People with Parkinson's The Book of Exercise and Yoga for Those with Parkinson's Disease: Using Movement and Meditation to Manage Symptoms Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay) The Gum Disease Cure: How I cured Periodontal Disease in 2 months (Gum Disease Periodontal Disease Periodontitis Receding Gums) Kidney Disease: for beginners - What You Need to Know About Chronic Kidney Disease: Diet, Treatment, Prevention, and Detection (Chronic Kidney Disease - Kidney Stones - Kidney Disease 101) Delay the Disease -Exercise and Parkinson's Disease (Book) Understanding Parkinson's Disease: A Self-Help Guide (3rd edition) Understanding Parkinson's Disease: A Self-Help Guide Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) A Meditation to Help With Irritable Bowel Syndrome & Inflammatory Bowel Disease (Health Journeys) Essential Kidney Disease Cookbook: 130 Delicious, Kidney-Friendly Meals To Manage Your Kidney Disease (CKD) (The Kidney Diet & Kidney Disease Cookbook Series) The Ultimate Guide to Crohn's Disease and Ulcerative Colitis: How To Cure Crohn's Disease and Colitis Through Diet and Exercise (Health, IBD, Irritable Bowel Syndrome, Colitis, Crohn's Disease)

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