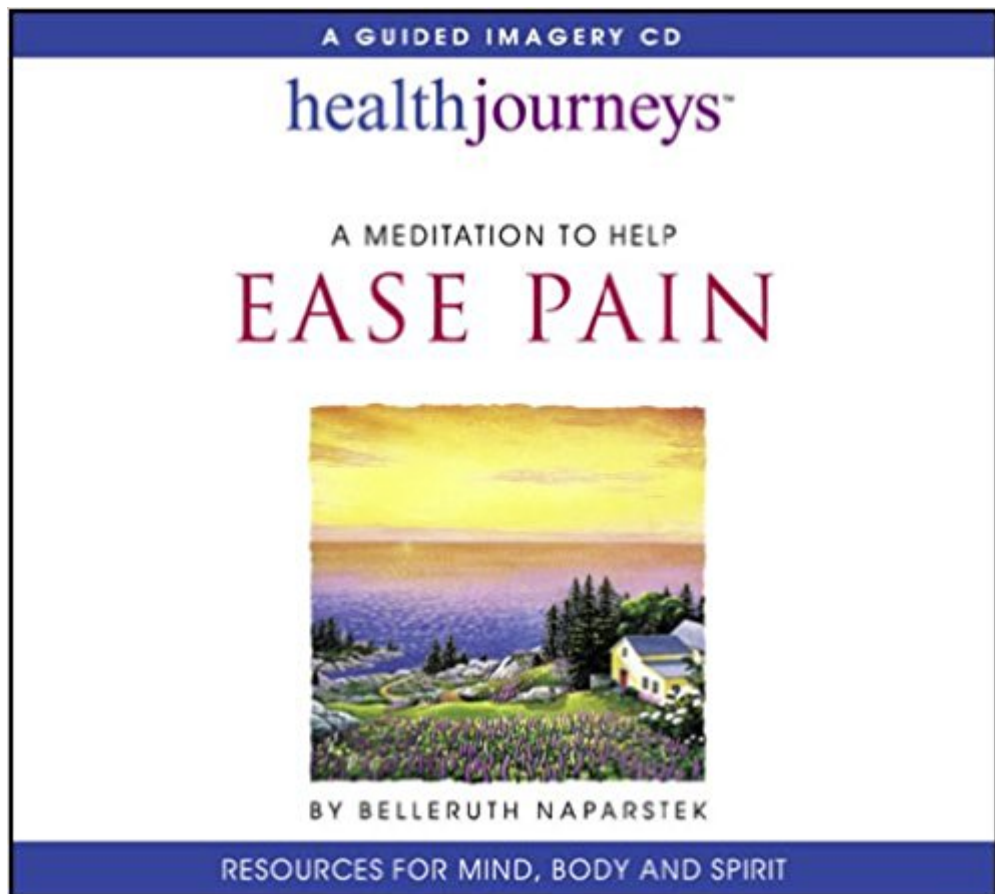




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# A Meditation To Help Ease Pain



## Synopsis

Reduce, manage and master pain with this extraordinarily effective guided meditation CD for pain relief by guided imagery pioneer Belleruth Naparstek. Endorsed and distributed by the Mayo Clinic, Johns Hopkins, Columbia Presbyterian, UCSF, Mass General and the Cleveland Clinic, this pain relief meditation uses two research-proven methods for pain management: it provides pleasant diversion for the mind with positive, healing guided imagery (good for chronic aches and joint pain relief); and it teaches priceless relaxation and resilience tools for facing and softening acute pain, such as muscle spasm, injury or post-surgical pain. A separate track of affirmations provides a briefer form of pain meditation, embedding the same healing images and suggestions in positive statements that can be enjoyed while engaged in other activities. Naparstek's state-of-the-art guided imagery and calm, trustworthy voice is beautifully paired with the exquisitely soothing music of Steven Mark Kohn and produced by the Cleveland Orchestra's Bruce Gigax, to create the most powerful and effective use of meditation for pain relief. This empowering program has been found effective for many kinds of chronic pain management, for conditions as diverse as pancreatitis, fibromyalgia, muscle spasm, emotional pain, joint pain relief, headache, gastric distress and back pain. (Running time: 44 minutes)

## Book Information

Audio CD

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Product Dimensions: 5.5 x 0.4 x 4.9 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 35 customer reviews

Best Sellers Rank: #68,287 in Books (See Top 100 in Books) #19 in Books > Books on CD >

Health, Mind & Body > General #20 in Books > Books on CD > Health, Mind & Body > Meditation

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

## Customer Reviews

I have been listening to B. Naparstek's CD's for 7 years. The Fibromyalgia one and Healthful Sleep are wonderful! I was totally surprised when I bought the one on Ease Pain, it helps me sleep thru the night! I didn't even realize it was pain keeping me awake. I would say hurry and buy it and help

yourself out of pain! Sept 2008 --Marilee (reprinted from Health Journeys website)I was in tremendous pain from an undiagnosed inflammatory process and I could not sleep without this CD. I listened to it nightly and would listen in the middle of the night and it would help me go back to sleep. Thank you December 2006 --Pat Schultz (reprinted from Health Journeys website)I have used this cd for years to help me cope with the pain of pancreatitis. It allows me to feel like I have a part in dealing with the pain both in and out of the hospital. I have shared it with others who are also dealing with chronic pain. It is a godsend. Sept 2006 --Betsy (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.

I love these CD's. Every time I listen, I hear something new. You always fall asleep during them, but that's helpful too. I try to position myself as she suggests, take the deep breaths, start the visualizations and somewhere during that, I'm so relaxed that I drift off to sleep. I guess your mind still hears what she says. I just know that listening does make me feel better. Without the CDs I would be going to bed without realizing how tense my muscles are and waking up with them being more sore than they normally are. I have fibromyalgia & chronic fatigue as well as several other autoimmune diseases, so I try to take advantage of non-medicine ways to relieve pain. This is very helpful for me.

I have been a physical therapist for over 30 years. About 10 years ago, I successfully started integrating many mind-body techniques into my practice to help patients ease pain and heal faster. When patients have never meditated before, I love to integrate this CD by Belleruth Naparstek, PhD. This guided imagery is only 10 minutes long, and every minute is packed with useful images of directed, healing thoughts and images. Bottom line: This stuff works to ease pain! My patients that use it get faster pain relief, and even faster healing.

Some guided image audios should be done by their creator and others should have a more expressive reader. Naparstek is a very good narrator of her own compositions. Her voice is inviting but not artificially sugary or harsh as some others I have heard. She pauses often enough and long enough for a listener to perform what she has suggested. The breath work has helped me immensely while listening to the CD and altering my own approach to dissolving rather than fighting pain when I am about my daily tasks and dealing with chronic back pain and a recently developed hip bursitis. I have even memorized portions of her imagery and used them with some of my Reiki clients as I work with them.

Healing from total knee replacement! Pain management skills are necessary. BellaRuth knows what she is doing. Her Ease Pain cd has helped me immensely. It gives me tools for management that are both scientifically sound and emotionally intelligent! The mind can assist the body and BellaRuth

knows how to facilitate that process through guided visualization, positive affirmations and beautiful music! She also has the voice of an angel and a loving mother! The little person in me quiets right down when Bellaruth talks and the healer in me is empowered to assist my body to relax and release pain!

This was used by two relatives of my during and after cancer treatment was was, by their description, very helpful, when they were initially quite skeptical of how useful it might be. There are many, many acute and chronic pain conditions that this could be so helpful with.

I love these CDs from Belleruth Naparstek! These CDs help my patients deal with whatever topic that particular CD is for. Some prefer the guided imagery, others the affirmations!

She has a great voice and can soothe you the affirmations are especially helpful. I have cried during many affirmations because of my low self worth. This is a great CD my therapist recommended it after he suffered from five recurrences of cancer. I have sever lupus fibromyalgia arthritis pain and depression and had kidney cancer. It has helped comfort me through many painful nights.

Great CD and a soothing meditation to help with pain.

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