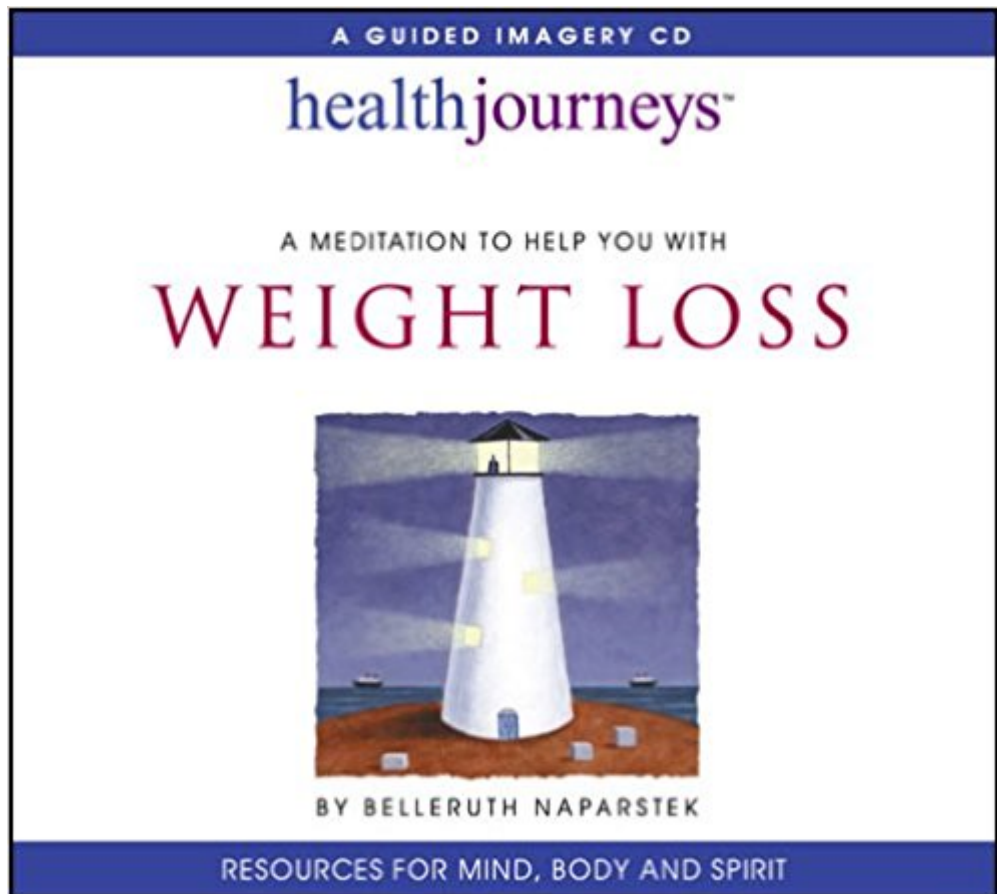




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A Meditation To Help You With Weight Loss



Synopsis

The Health Journeys guided meditation for weight loss has been shown to double weight loss in a controlled pilot study at Canyon Ranch. Belleruth Naparstek's relaxing imagery and hypnotic suggestions on this weight loss meditation CD serve to amplify listeners motivation to eat healthy foods and enjoy physical activity, while providing state-of-the-art cellular imagery to speed up metabolism and envision the biochemical conversion of fat into energy, heat, growth, strength and movement. Additional images on this guided meditation for weight loss generate a sense of love and gratitude to heighten serotonin levels in the bloodstream, which in turn reduces appetite and increases motivation to maintain a healthy lifestyle. Belleruth's 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 optimal impact with this award winning meditation to lose weight. A separate track of affirmations accompanies the guided imagery for weight loss, offering the same images and suggestions in a briefer format, designed for repeated listening on the go or even while driving. This empowering, energizing and confidence-building weight loss meditation cd is used in weight loss programs, hospitals and health spas nationwide. (Running Time: 60 minutes)

Book Information

Audio CD

Publisher: Health Journeys (January 1, 1997)

Language: English

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Package Dimensions: 5.4 x 4.9 x 0.3 inches

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

Average Customer Review: 4.3 out of 5 stars 49 customer reviews

Best Sellers Rank: #116,826 in Books (See Top 100 in Books) #32 in Books > Books on CD >

Health, Mind & Body > Meditation #37 in Books > Books on CD > Health, Mind & Body > General
#87 in Books > Books on CD > General

Customer Reviews

I came across this through our company's website and I just love the the CDs. Dr. Naparstek's voice is so soothing and easy to listen to. I've lost 16 pounds so far and eating well has been easy because in the end it's all about how much we love our body. Thank you for a great program!

August 2009 --Ursula M (reprint from Health Journeys website)This is my second download. My first

was Successful Surgery, and it made an incredible difference in my anxiety level before, during and after weight loss surgery! November 2010 --Ricky Dee (reprint from Health Journeys website)By far the best weight-loss CD I've found. Dr. Naperstek is the first person who's presented the notion of liking my body as it is in a do-able way, suggesting that I appreciate what my body does and how amazing it is. There's not a false note in this well-scripted, beautifully delivered CD, and I'm nearly at my 20 pounds off goal. Sometimes I listen to others for variety, but they are flawed, and I always come back to this one. January 2007 --Carol (reprint from Health Journeys website)

Belleruth Naperstek, LISW, BCD Psychotherapist, author and guided imagery pioneer Belleruth Naperstek 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. Naperstek 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 have been listening to this meditation morning and evening for about a month now. It's difficult to describe, but I'm certainly feeling a big difference. I definitely feel hopeful that this will help me work toward weight loss. At the very least, it is helping to increase self-esteem and I have noticed all-around better self-care.

I've lost 60 lbs just by listening to this 2 x per day. Weight has been off for over 2 years!

I listened to this for months. During that time I didn't lose any weight (I am losing weight now) but the meditation helped me get 'in touch' with my body.

Love this! Still using it years after purchase. It is forever appropriate and helpful when you need a boost of morale in your efforts at weight loss.

This visual journey helps to bring the deeper mind into the process of managing proper weight and health. The tape is so well done

Belleruth is good at getting you to relax and slip into your zone. She has made several CDs targeting varied issues and they're all good

Fabulous CD, would recommend it to everyone. I have a few of her CD's and couldn't be happier. The positive aspirations are awesome.

This is the very best meditation I have ever heard and I have listened to many. Highly recommended

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Hair Loss Black Book - Hair Loss for Dummies 1) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Ultimate Weight Loss Smart Points Beginner's Guide: Everything You Need to Know for Rapid & Sustainable Weight Loss (Includes 50 Weight Loss Tips, 30 Day Meal Plan, and Recipes) Weight Loss: Weight Loss Instant Pot eBook, Eat What You Love But Do It Smarter! Simple Recipes To Follow Weight Loss Smart Points 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) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes, Juicer Recipes Book, Juicer Books, Juicer Recipes, Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103) Slow Carb Recipes: Simple Weight Loss Recipes To Lose 20 Pounds in 30 Days and Increase Energy Without Exercise!: Weight Loss Recipes (Slow Carb Weight Loss Book 1) The Calming Collection-The Weight is Over:Hypnosis/Meditation for Lasting Weight Loss**Guided Meditation and Hypnosis CD The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat)

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