

A GUIDED MEDITATION TO HELP YOU WITH

FATIGUE

GUIDED IMAGERY TO HELP RELIEVE TIREDNESS FROM
CHEMOTHERAPY & RADIATION THERAPY

BY BELLERUTH NAPARSTEK

Guided imagery to help relieve tiredness from chemotherapy and radiation therapy; combat side effects from major cancer-fighting treatments – especially helpful for fatigue, anemia and depression. Some cancer-fighting imagery as well. Followed by continuous music. (40 minutes)

“Naparstek has developed an approach that has stood the test of rigorous scientific methods. Her healing journeys exemplify the best of mind-body medicine.”

Henry Dreher, Author of *The Immune Power Personality* and
Co-author, with Alice Domar, of *Healing Mind, Healthy Woman*.



Photo: Karen Oles, Touss

Clinical social worker, author, and nationally recognized guided imagery pioneer Belleruth Naparstek, ACSW, BCD is the founder of Health Journeys and the voice on many of its award-winning audios. For years, she has served on the faculty of the Andrew Weil Center for Integrative Medicine at the University of Arizona, training physicians from around the world in mind-body techniques. She is widely recognized as a key force in making guided imagery – and its benefits – available in a broad range of major U.S. health care institutions.

This is not a substitute for medical treatment.
Do not use while driving a car or operating machinery.

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LIGHT

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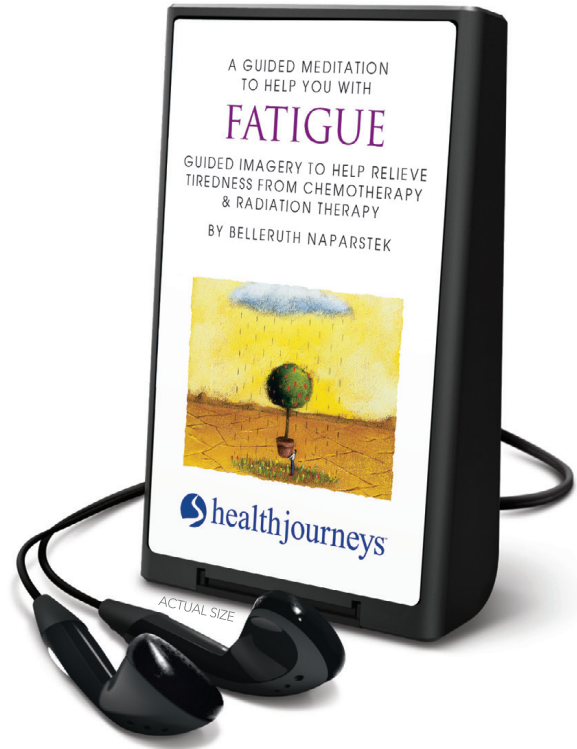
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