

A GUIDED MEDITATION TO HELP YOU IMPROVE
SELF-CONFIDENCE
AND REACH PEAK PERFORMANCE

BY BELLERUTH NAPARSTEK

Our highly acclaimed, research-proven, physician-endorsed guided meditation combines healing imagery, powerful music and the most current understanding of the mind-body connection to help your self-confidence. Designed to increase feelings of self-esteem, confidence and worth; improve mastery and performance; reduce anxiety, worry and fear of failure; heighten self-reliance, creativity, endurance and ability to focus within; and enhance optimism and trust in the future. With affirmations. (60 minutes)

"A resource that empowers people and affirms their desire to take action."

Bernie Siegel, Author of *Love, Medicine & Miracles*
and *How to Live Between Office Visits*



Photo: Karen Oles Trauta

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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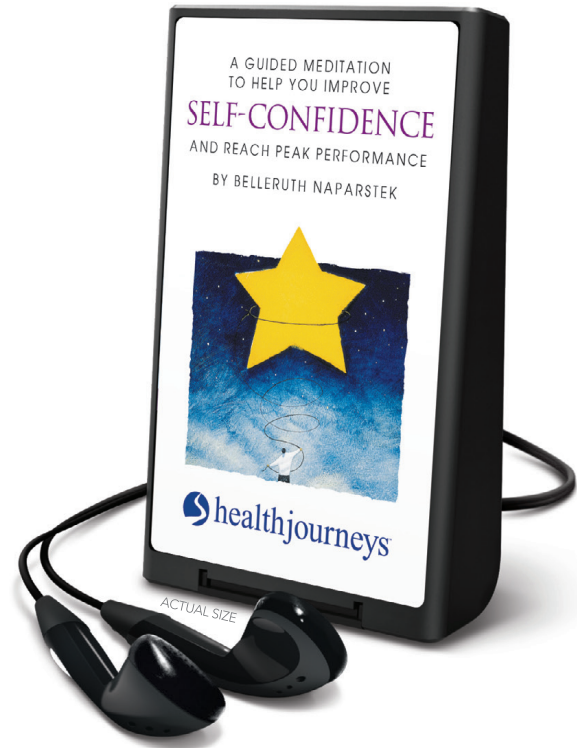
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