

A GUIDED MEDITATION TO HELP YOU
FIGHT CANCER

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 you fight cancer. Forty-one relaxing minutes of Belleruth's imagery and affirmations are designed to help mobilize a strong response from immune cells; help imagine tumors shrinking; engender a sense of support, safety and hope; reduce fear; and encourage feelings of love and gratitude. (41 minutes)

"I am a big fan of all Belleruth's audios and recommend them frequently to my patients and students. The beautifully crafted suggestions and images she offers open many doors to inner resources."

Martin Rossman, MD, President and Co-Director,
The Academy for Guided Imagery, Mill Valley, CA



Photo: Karen O'Leary Tolia

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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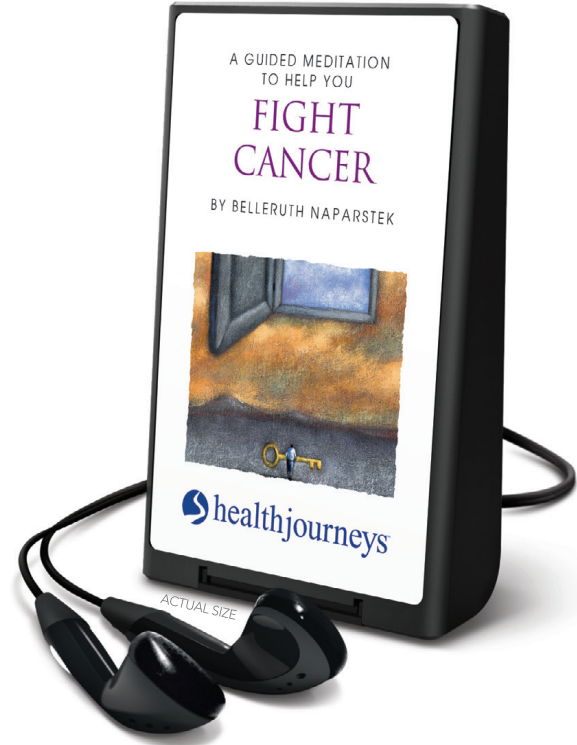
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