

A GUIDED MEDITATION TO SUPPORT  
YOUR RECOVERY FROM  
**ALCOHOL &  
OTHER DRUGS**

BY BELLERUTH NAPARSTEK

Designed to reduce addictive craving, ease withdrawal, teach potent new relaxation skills, help the body reverse organ damage, restore vitality, increase self-esteem, and reinforce a 12-step program. (60 minutes)

"At last, someone has addressed chemical dependency from a holistic viewpoint. Naparstek's audios guide us expertly and intelligently to the next level of recovery, where cellular detoxification and energetic change can be facilitated. I loved her whole approach!"

Melody Beattie, Author of *Co-Dependent No More* and *The Language of Letting Go*



Photo: Karen O'Lea Traula

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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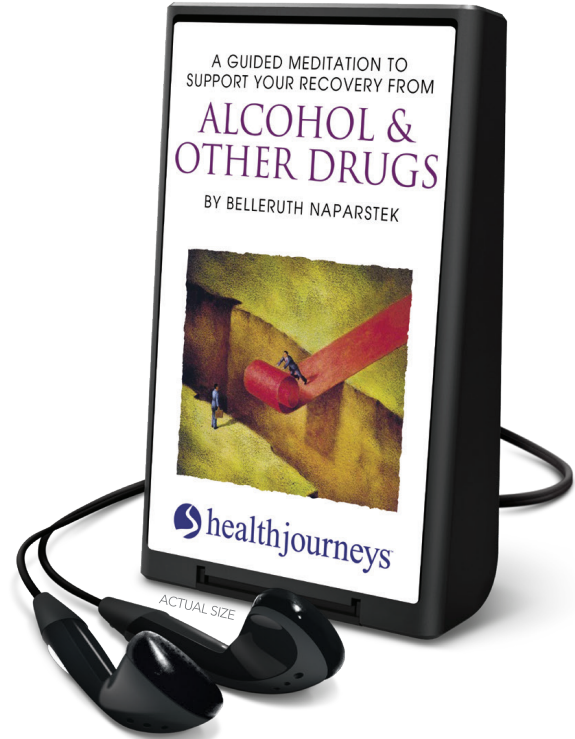


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THE ALL-IN-ONE AUDIOBOOK



ACTUAL SIZE

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