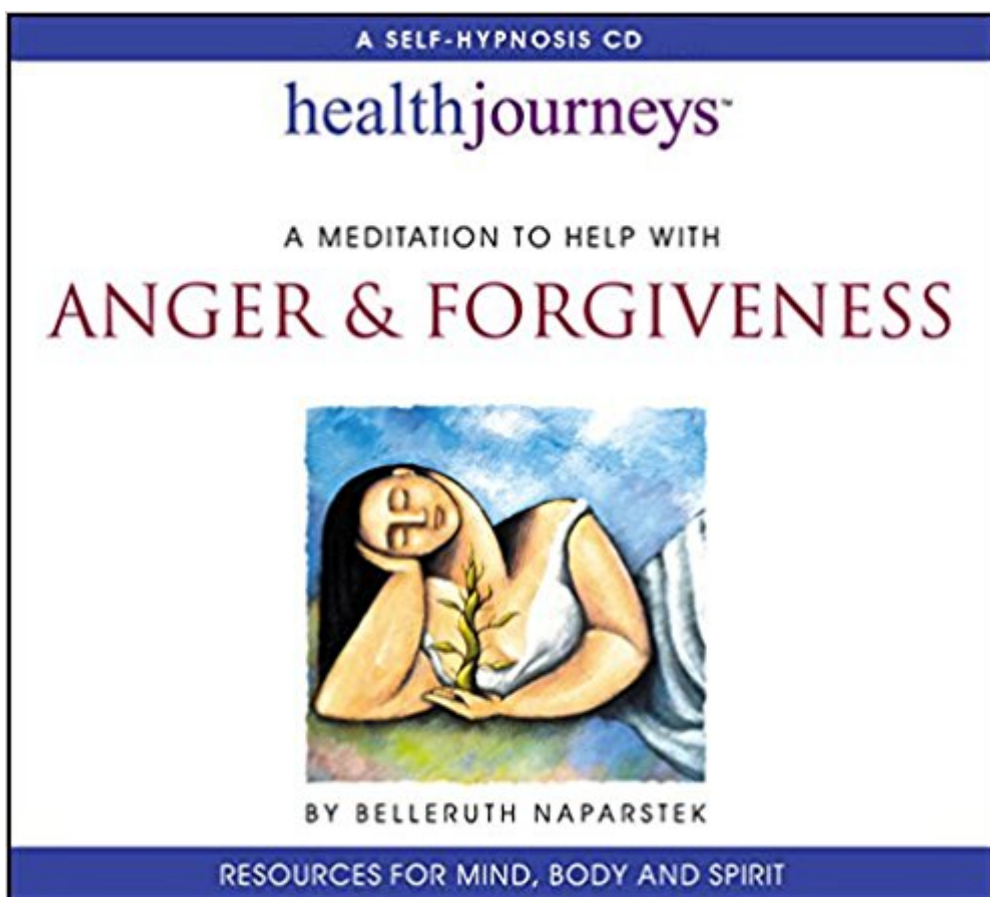


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# Meditation To Help With Anger & Forgiveness (Health Journeys)



## Synopsis

This Health Journeys guided meditation for anger and forgiveness delivers powerful and effective ways to manage or release unhealthy anger and resentment, naturally and holistically. Belleruth Naparstek's forgiveness meditation promotes feelings of compassion for self and others, while providing a preview of the emotional liberation that comes from letting go of the anger that blocks the full enjoyment of living. In no way does it suggest that forgiveness is the necessary resolution for everyone. Repeated listening once or twice a day for 2-3 weeks ensures maximum impact. The net effect of continued listening is a stronger ability to manage and release anger, a greater sense of safety and support, and a new ease and inner peace gracing each day. A separate track of affirmations offers the same therapeutic suggestions in a briefer format, using positive statements designed for repeated listening, on the go and even while driving. Written and narrated by psychotherapist, author and guided imagery pioneer Belleruth Naparstek, this guided imagery for anger and forgiveness brilliantly combines her calm, trustworthy voice with the exquisitely soothing music of Steven Mark Kohn. Recommended by counselors and life coaches and used by corporate executives and incarcerated prisoners, harried moms and stressed out teens, this guided meditation for anger will get the job done on controlling anger in surprisingly short order. (Running Time: 60 minutes)

## Book Information

Series: Health Journeys

Audio CD

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Product Dimensions: 0.2 x 5.5 x 5 inches

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Average Customer Review: 4.5 out of 5 stars 39 customer reviews

Best Sellers Rank: #111,439 in Books (See Top 100 in Books) #18 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome](#) #25 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #30 in [Books > Books on CD > Health, Mind & Body > Meditation](#)

## Customer Reviews

I am going through a painful divorce and purchased this CD to help me deal with my anger and learn how to forgive my past hurts. I play the program at least once a day and find it is working. It has not only helped me to deal with the pain of my loss but also to breathe more deeply and to find peace within myself. (Reprinted from Health Journeys website January 2008) --Stephanie

Belleruth Naparstek, LISW, BCD Psychotherapist, author and guided imagery pioneer Belleruth Naparstek 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. Naparstek 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.

Belleruth Naparstek is fantastic. I have bought many of her cds for myself and for others as gifts. She was recommended to me by a therapist and didn't disappoint. She has an excellent one on anxiety also.

This recording has really made a big difference in my quality of life. Like some of the other reviewers, I have had some awful things happen to me throughout my life, and this guided meditation is a great tool to use to facilitate your own healing and acceptance of yourself. This meditation is nonjudgmental, loving, and allows you to accept healing at your own pace. It is nothing short of amazing. It can precipitate some strong emotions during the meditation. I have had the most success using it just before I go to sleep.

I have used this product for the past few weeks most nights as I am falling asleep. It has really done wonders for me. Not only to let go of past hurt and anger, but also to build a comfortable sanctuary within myself to buffer the effects of present difficult relationships. My anger related to past hurtful relationships that caused my self esteem to fall. This meditation and affirmations have helped considerably.

All of Belleruth's work is good, but this one [and the PTSD one] are over the top excellent. Every word is perfect. A real healing tool. You need this CD!

I use this to try to come to terms with anger that has lasted for years. It is bringing me peace that I haven't felt for a long time.

Just hearing her say, "Hello, I'm Belleruth Naparstek" calms me right down. I wish she had a "general" (all around feel better with non-specific topics) affirmations CD.

I got this when a masseuse recommended I do so, very helpful to me and I was rather surprised by how helpful, a very easy to listen to voice- I enjoyed this very much and would order other tapes by this author.

Superb, effective guided imagery and relaxation exercises for anyone dealing with anger and forgiveness! This cd had helped me change my thoughts and has ultimately changed my life!

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