



A Meditation to Help Ease Pain

Belleruth Naparstek

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Reduce, manage and master pain with this extraordinarily effective guided meditation CD for pain relief by guided imagery pioneer Belleruth Naparstek. Endorsed and distributed by the Mayo Clinic, Johns Hopkins, Columbia Presbyterian, UCSF, Mass General and the Cleveland Clinic, this pain relief meditation uses two research-proven methods for pain management: it provides pleasant diversion for the mind with positive, healing guided imagery (good for chronic aches and joint pain relief); and it teaches priceless relaxation and resilience tools for facing and softening acute pain, such as muscle spasm, injury or post-surgical pain. A separate track of affirmations provides a briefer form of pain meditation, embedding the same healing images and suggestions in positive statements that can be enjoyed while engaged in other activities. Naparstek's state-of-the-art guided imagery and calm, trustworthy voice is beautifully paired with the exquisitely soothing music of Steven Mark Kohn and produced by the Cleveland Orchestra's Bruce Gigax, to create the most powerful and effective use of meditation for pain relief. This empowering program has been found effective for many kinds of chronic pain management, for conditions as diverse as pancreatitis, fibromyalgia, muscle spasm, emotional pain, joint pain relief, headache, gastric distress and back pain. (Running time: 44 minutes)

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