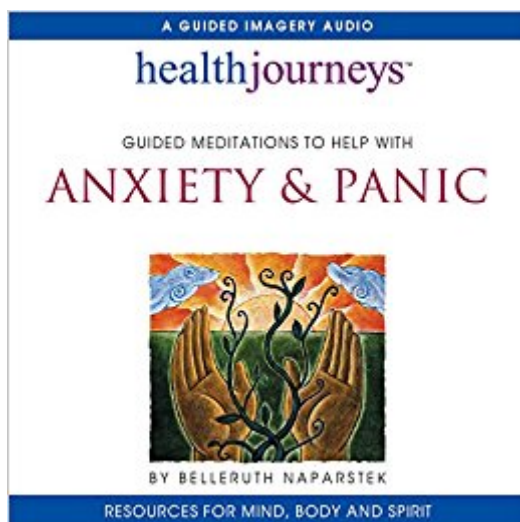


The book was found

# Anxiety & Panic



## Synopsis

The Health Journeys guided meditation for panic attacks combines several highly effective, research proven approaches to treating panic attacks naturally. Belleruth Naparstek's soothing, trustworthy voice, scored to Steven Mark Kohn's deeply calming, immersive music, guides listeners in brief exercises of conscious breathing, mantra meditation and progressive body scanning, for quick access to a relaxed state. And repeated listening to the 18-minute track of guided imagery for panic attacks, instills a sense of mastery and control to dramatically reduce the frequency and intensity of panic attacks, disruptive anxiety, and even phobias. Positive affirmations use a briefer version of the same healing images and ideas, to play on the go or even while driving. These 5 versatile tracks of panic attack meditation can be used separately or together, in any sequence and in any combination. Research shows that 20 minutes a day of any of this content, 5 days a week, for 6 weeks, will reduce symptoms and provide a natural treatment for panic attacks. Continued use can even help forestall future episodes of panic. For some, this guided meditation for panic attacks has reduced the need for medication; and in some instances, has even replaced it. (Running Time: 66 minutes). Previously titled: Panic Attacks

## Book Information

Audio CD

Publisher: Health Journeys (May 1, 2007)

Language: English

ISBN-10: 1881405931

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Package Dimensions: 5.5 x 4.9 x 0.4 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 51 customer reviews

Best Sellers Rank: #24,372 in Books (See Top 100 in Books) #4 in Books > Books on CD >

Health, Mind & Body > General #4 in Books > Books on CD > Health, Mind & Body > Meditation

#5 in Books > Books on CD > Health, Mind & Body > Self Help

## Customer Reviews

I bought the panic attacks audio mp3 and have never heard a better guided imagery ever. I have had agoraphobia before and have experienced panic and anxiety during my 71 years. I wish this guided imagery and affirmation CD had been available years ago. But it is here today and I use it a lot. I've also gotten the weight loss CD and now I am 30 lbs lighter. I have the sleep CD and it has

been a blessing for me. I never hear the end of it because I am sleeping so peacefully. I am a spiritual counselor and tell my clients all about these CD's and advise them to come to this web site and check it out. Bellaruth you are a blessing! Now if you'd only make one for people learning to sing. Nov 2007 --Jean Puhlman (reprinted from Health Journeys website) I listen to this CD often and it has been one of the most helpful tools I've found to deal with anxiety related to a marital separation I'm going through, with attendant financial difficulties. Thank you so much for this resource! May 2009 --Patricia I (reprinted from Health Journeys website) I listen to this CD often and it has been one of the most helpful tools I've found to deal with anxiety related to a marital separation I'm going through, with attendant financial difficulties. Thank you so much for this resource! May 2009 --Patricia I (reprinted from Health Journeys website)

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.

As a physical therapist, I encourage patients who suffer from panic attacks to listen to this CD. Several patients have reported a significant reduction in frequency and intensity of their anxiety. I have measured decreases in patient heart rates, and blood pressures within a few minutes of listening to this CD!

This product is amazing. Belleruth always seems to get it right with these cd's. So very helpful I just love it. It really does work!

I just recently was diagnosed with anxiety attacks, and bought this CD. I can highly recommend it. It takes about 45 minutes to listen to the entire CD, but you can break it down to what you need. I find myself very relaxed after having listened to the entire CD - halfway through, I am almost asleep :)

Meditation is a wonderful way to address many things in a person's life. This CD is so well done that I bought more in their series. Highly recommend

One of the best things I've ever used for anxiety about flying and there's no drug hangover

During a great time of turmoil including radiation therapy, loss of job stress, etc. with a history of anxiety and panic attacks including medications tried, this has literally saved me. You have to keep working at it-try listening to parts of it at least two to three times a day until you can do the techniques on your own when you're experiencing anxiety or panic. The simple, soothing breathing techniques are extremely helpful and beneficial. It also has helped with sleeping problems. I often listen to it on my ipod and do the techniques as I'm falling asleep, too. Highly recommend-worth a try and worth the money. It should be titled Panic Attacks and Anxiety, though. It also has several techniques on it in case one is better than another for you such as affirmations, guided imagery, etc. and the music is very nice. All of them work for me. I have tried yoga, tai chi, and acupuncture as

well but the great thing about this is you can practice the techniques anywhere, anyplace, any time you feel panic or anxiety without fuss or being obvious. In some cases you may have to slip away to a private place for a few minutes, but it requires little effort.

After learning about her CD from Priscilla Warner's book "Learning To Breathe" I feel I have really gained a lot for listening to this CD everyday. Bella's voice is calming, relaxed and takes you on several journey's through the body. I have learned how to breathe in a much more calming way that has helped me through the day when anxiety or panic starts to come on. This CD is broken up into several meditations so you can choose to listen to one or all depending on what you want. I would recommend this to anyone who wants to learn how to take control of their anxiety/panic. This is a CD that in addition to other forms of help is starting to change my life.

Her voice is calm and the music is very relaxing i usually fall asleep when I listen to it. I think it has helped me with panic attacks.as when they come now i don't seem to get so afraid of them anymore. i feel more in control.

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