Brand New Guided Imagery!

Self-Compassion
Healthy Weight & Body Image
Finding & Sustaining Love
Healing the Loss of a Pet
Post-Cancer Resilience

Masterful Mindfulness Meditations!

New Mindfulness Meditations by Tara Brach, Traci Stein, Julie Lusk & Belleruth Naparstek
Yoga Nidra Meditation
More Yoga for Kids!
Who We Are & What We Do

Our company is best known for producing and distributing an extensive collection of top-quality guided imagery, meditation, and hypnosis audio recordings. We provide direct experiences of healing and wellness, on your listening device or at the screen, through CDs, Playaways, apps, smartphones, iTunes and a host of other digital platforms.

We’re also known for the unique range of specific health topics and psychological challenges we address. It’s our wide variety, plus our persnickety taste for only the highest quality work, that distinguishes us – that and the impressive research outcomes we’ve garnered over the years, since 1991, in nearly two dozen studies.

So, along with the titles you’d most expect – for Relaxation, Sleep, Stress, Weight Loss, Anxiety, and Depression – we’ve got first-rate imagery to help alleviate the symptoms and side effects of health challenges like Cancer, Diabetes, Hypertension, Headache, Parkinson’s, Fibromyalgia, IBS, Arthritis, and Asthma.

We have programs to help with the garden variety challenges of daily living, too – imagery for Self-Esteem, Procrastination, Confidence, Body Image, Concentration, Anger, Heartbreak, Peak Performance, Grief, and Positive Behavior Change. Our audios will help you Stop Smoking, Drinking, and Drugging, too. We even have guided imagery to help with Panic Attacks, Posttraumatic Stress, and Obsessive Compulsive (OCD) symptoms.

Our guided meditations help ease medical procedures such as Surgery, Dialysis, Chemotherapy, Radiation Therapy, Cardiac Catheterization, MRI’s, and all those unpleasant protocols they make you stay awake for.

We have guided meditations for Fertility, Pregnancy, Childbirth, and Menopause, and everything in between. We even have imagery to help with Hospice and End-of-Life Care.

So keep this catalog at hand. It will come in handy again and again, in surprising and welcome ways, for issues big and small. And it makes for a terrific and unique gift guide, too.
New Guided Imagery, Hypnosis & Meditation Titles!

We’ve got some superb, new audio programs for you, starting with Traci Stein’s newest guided self-hypnosis meditations for Healthy Weight and Body Image (p. 25); her new Self-Compassion (p. 3) imagery; and her powerful set of Mindfulness Meditations (p. 3).

We’re also proud and delighted to have produced the fresh, unique voice of Julie Lusk. She’s already well known to many of you, and her beautiful Yoga Nidra (p. 42) and Mindfulness Meditations (p. 4) will be treasured additions to our collection.

After years of searching, we finally found the perfect healing meditation for Grieving the Loss of a Pet (p. 15) by Karen Adele Litzinger. And Beyond Cancer: Healing Meditations (p. 18) delivers some new, spot-on guided imagery by the wonderful Peg Doyle for the anxieties of cancer survivorship and worries about upcoming checkups and tests.

We have a set of 3 downloads by Shirley McNeal on Finding and Maintaining a Satisfying Love Relationship (p. 38); Two absolutely enchanting yoga books for kids by Mariam Gates, Good Night Yoga and Good Morning Yoga (p. 35), each telling a pose-by-pose story for parents to use with children, at the start and the end of the day; the one and only Tara Brach’s Nine Mindfulness Meditation Practices (p. 40); and Rick Hanson’s exercises for Self-Directed Brain Change (p. 32), offering a step-by-step program for rewiring your brain away from survival-based anxiety and into the joy of living.

We picked carefully for you! Just look for the starburst that says “NEW!” to find these and other superlative audios. Enjoy!

& the Health Journeys Team
We’re delighted with our growing collection of superb guided self-hypnosis meditations by psychologist and behavioral health expert Traci Stein, PhD, MPH. Her soothing voice and psychologically sophisticated content deliver some of the most powerful and effective personal change tools in production today, and your response has been just wonderful.

But we’ll let Traci speak for herself:

“I’ve listened to imagery and hypnosis recordings since the late 80s, finding them both personally enjoyable and a truly effective way to catalyze and enhance personal growth. People have an inherent ability to maximize their strengths, release outdated patterns, and shape their lives for the better. So it’s a privilege to help others achieve their goals while doing something I really love.”

Traci Stein, PhD, MPH

New from Traci Stein

Healthy Weight & Body Image
See page 25.

Self-Compassion Meditations
The practice of self-compassion helps us cultivate a more respectful, patient, and loving relationship, with ourselves and others. Soothing but powerful hypnotic imagery and affirmations give us the perspective of the loving observer and wise guide, to help us release self-criticism and foster feelings of self-kindness. There is also a track to use during sleep. Regular listening reminds us that we are far more than our challenges or self-judgments.

#2230 CD $17.98
#7230 MP3 (website) $11.98

Mindfulness Meditations
Mindfulness meditation provides multiple benefits for mind, body and spirit, and Traci’s brilliant, psychologically informed version combines the best of classic practice, guided imagery and hypnotic suggestion, so you can easily develop and maintain this practice. Repeated listening enhances focus, allows us to perceive challenging thoughts and feelings from a place of healthy detachment, and fosters feelings of calm well being. An additional track of affirmations further promotes centeredness and awareness of the gift of the present.

#2235 CD $17.98
#7235 MP3 (website) $11.98
**New Mindfulness Imagery**

**Julie Lusk**

You wouldn’t know it to look at her, but Julie Lusk M.Ed, E-RYT, has over 35 years of topnotch experience in teaching her unique approach to stress relief, yoga, guided imagery and meditation. We’ve carried her popular 2-volume set, *30 Scripts for Relaxation, Imagery and Inner Healing* and her audio program, *Power of Presence* for years. Now, we’re honored and delighted to produce two of her newest guided meditations, and add her new book to our list, *Yoga Nidra for Complete Relaxation and Stress Relief.*

**Yoga Nidra**

Guided Meditations for Relaxation & Renewal

by Julie Lusk, M.Ed

See page 42.

**Guided Mindfulness Meditations**

Practicing Presence and Finding Peace

by Julie Lusk, M.Ed

Julie eases your way into being more mindful, with her clear guidance and joyful approach. The net effect is calmer nerves, a brighter outlook, stronger memory, sharper focus and more balanced perspective. Repeated listening trains you to become more fully attentive to what is happening right now, neither resisting nor clinging to each moment, but letting experiences come and go and be just as they are. Julie’s program offers a basic training track as well as a long and a short mindfulness experience, along with tips for being mindful informally throughout the day. Mindfulness is not just a technique, but a way of living.

#2614 CD $17.98
#7614 MP3 (website) $11.98

**Mindful Meditation Mix**

by Belleruth Naparstek, Traci Stein and Steven Mark Kohn

This sampler of brief mindfulness meditations is a chance to try different approaches for developing the powerful practice of intentional awareness. Track 1 is a simple, 9-minute mindful breathing meditation by Belleruth; Track 2 is her 10-minute body awareness meditation; Track 3 is Traci Stein’s masterful, 8-minute guided mindfulness meditation; Track 4 continues with Steve Kohn’s exquisite, immersive Meditative Reflections music; and Track 5 is Belleruth’s Mindful Walking Meditation. Give these experiences a try and watch your senses grow more alive, your mind more alert, your concentration stronger, your life richer and your heart more peaceful.

#2162 CD $17.98
#7162 MP3 (website) $11.98

**Mindfulness Meditation**

Nine Guided Practices to Awaken Presence and Open Your Heart

by Tara Brach, PhD

See page 40 for more information.

#2770 CD $19.95
Sweet Dreams

Healthy Weight & Body Image during Sleep
by Traci Stein, PhD, MPH
Traci nails it by reinforcing healthy changes in weight and self-perception through gentle, soothing guidance during the ultra-receptive mind-state of sleep - especially helpful for those who sabotage their own best intentions during the daylight hours. This program serves as a stand-alone aid for deep, restorative sleep, but also reinforces motivation for healthy eating. A separate track of continuous wave sounds ensures that the listener can stay in deep sleep long after the guided narrative is over. (76 min.)
#2225 CD $17.98
#7219 MP3 (website) $11.98

Healthful Sleep
by Belleruth Naparstek
This is our best selling, most popular imagery, written to create a rich atmosphere of protection and safety, with images that are evocative enough to successfully compete with all the internal brain chatter that keeps us awake. Steve Kohn's soothing music underscores the themes of reassurance, peace and support, gently drawing mind, body and spirit down into deep, restful sleep. (60 min.)
#2121 CD $17.98
#7121 MP3 (website) $11.98
#2821 PLAYAWAY $39.99

Sleep Through Insomnia
by KRS Edstrom
KRS is a first-rate and trustworthy guide whose relaxation and imagery CD offers seven superb segments of her nourishing, calming voice, excellent narrative and soothing music to dissolve the barriers that keep us from sweet, restful sleep. (40 min.)
#2369 CD $16.95
#7369 MP3 (website) $11.98

See Our Website for Other Products to Promote Restful, Nourishing Sleep

Self-Esteem during Sleep
by Traci Stein, PhD, MPH
This program is a complement to the Healthy Self-Esteem CD (pg. 31), and features potent hypnotic imagery specifically designed to foster a stronger, more confident, and healthy sense of self worth while sleeping in a deeply restorative state. Especially helpful for those whose Inner Critic tends to interfere with positive changes during the waking state, as well as for those who would like to enhance sleep quality while doing the work of inner healing. (60 min.)
#2205 CD $17.98
#7205 MP3 (website) $11.98

Sleep Ease Inhalation Beads
Soothing vapors of hops, lavender and valerian will relax and restore you as you ready yourself for calm, restful sleep. Size: .85 oz/24 g
#5512 Inhalation Beads $10.00
Dream Essentials
Sweet Dreams
Sleep Mask

This superbly crafted sleep mask is molded and contoured, but light as a feather, so it puts no pressure on your eyes. It will fold into its own drawstring pouch, so you can toss it into your purse, briefcase or beach bag, and snooze wherever and whenever you wish.

#5805 Sleep Mask $9.95

Overcoming Stress-Related Insomnia
by Stuart McCalley, MD

This first-rate audio program offers over 20 solid tips for a much improved night’s rest, followed by five different tracks of effective meditations for sounder sleep: abdominal breathing, progressive muscle relaxation, mindfulness meditation, guided imagery and deep, hypnotic relaxation – all narrated with Dr. M’s reassuring, soothing voice. (35 min.)

#2725 CD $16.00

Sleep Help App
Version 1.5

Our popular Sleep Help App now has a sleep timer and a wake up assistant that will rouse you by playing 30 seconds of either music or beeping, if you want it. (And unlike an actual alarm clock, it will not keep hounding you after those 30 seconds are over.) We’re very proud of this classy app and think it’s miles above the standard items you’ll find at the iTunes App Store.

P.M. Yoga Meditations
Guided Meditations for an Evening of Relaxation & Restful Sleep
by Gael Chiarella

This wonderful program contains four 15-minute, insightful, nourishing, cleansing, evening guided meditations that invite you to let go of the day’s stress and prepare for deep, restful sleep. (60 min.)

#2359 CD $11.98

The Yoga of Sleep
Sacred and Scientific Practices to Heal Sleeplessness
by Rubin Naiman, PhD

This rich and powerful blend of wisdom and guided practices takes listeners way beyond standard sleep hygiene. (2 hours)

#2765 2 CDs $19.95
Relieve Stress
by Belleruth Naparstek
BR combines 4 exercises on this 2 CD set: imagery for mastering anxiety; imagery to pump up feelings of love, safety and protection; a soothing, walking meditation for the fidgeters among us who can’t sit still; and affirmations for use anytime. (72 min.)

#2140 CD $19.98
#7140 MP3 (website) $13.98
#2840 PLAYAWAY $39.99

Look for Our Value Packs – Up to 25% Off!
We combine our titles to enhance their impact and give you terrific savings!

Become More Calm & Relaxed
by David Illig, PhD
This is for deep relaxation and wellness. With its ocean wave sounds, resonant tones and positive subliminal messages, this is great for blood pressure and digestion too, because of the overall effect of profound relaxation. The second track is a pleasant musical score with positive, subliminal messages beneath it. (79 min.)

#2383 CD $20.00
#7383 MP3 (website) $14.95

Relaxation & Wellness
by Belleruth Naparstek
This imagery is for facing any stressful situation, to help with general anxiety, or to just promote feelings of peace, balance and optimism. The images heighten feelings of love and safety, pump up serotonin and promote an energized calm. (58 min.)

#2135 CD $17.98
#7135 MP3 (website) $11.98
#2835 PLAYAWAY $39.99

10 Minute Stress Manager
by Emmett Miller, MD
If you need relaxation but don’t think you have time for it, this little gem is for you. Two ten-minute segments of Emmett’s expert guidance provide the tools to quickly relieve tension and focus on positive outcomes while maintaining peace and balance. (20 min.)

#2331 CD $16.95
#7331 MP3 (website) $11.98

Stress Management Meditations & Affirmations
by Peg Doyle
This is a very pleasant, soothing, effective relaxation experience, and just perfect for those with limited time to do this – the guided meditation is 10 minutes long and the affirmations are less than 9 minutes. But the voice and music work together beautifully to quickly and naturally create the conditions for deep rest, rejuvenation and healing. We like Doyle’s work tremendously. (19 min.)

#2496 CD $14.95
#7720 MP3 (website) $11.98
Letting Go of Stress
by Emmett Miller, MD
Music by Steven Halpern
Accompanied by the liquid, healing tones of Steven Halpern’s music, Emmett Miller’s glorious voice guides listeners to a deeply relaxed state in this beautifully produced audio. (78 min.)
#2354 CD $16.95
#7354 MP3 (website) $11.98

Relaxing Through the Seasons
by Joan Borysenko
Joan’s audio is an ideal solution for the reluctant meditator, who doesn’t want to spend a whole lot of time or effort to get way more calm, centered and relaxed. (57 min.)
#2585 CD $16.00

Stress Less Inhalation Beads
These marvelous, aromatherapy beads fit into their own little pouch and allow you to inhale restorative peace and calm, and exhale stress and irritation. Aromas of lavender, chamomile and sage. Size: 2.5 oz/71 g
#5502 Inhalation Beads $10.00

Stress-Proof Your Brain
Meditations to Rewire Neural Pathways for Stress Relief & Unconditional Happiness
by Rick Hanson, PhD
This audio decreases stress reactivity while catalyzing greater feelings of positive well-being in very creative and appealing ways. Rick Hanson, with his comfortable, authentic, easy-going style, explains key workings of the brain and offers guided meditations to access feelings of connectedness, gladness, contentment and gratitude, and to target rarely covered areas, such as aligning with virtue, aspiration and the best parts of the self. (2 hrs. 37 min.)
#2712 2 CDs $19.95

Rest & Relax
by Jim Porter
The exquisite videography will take your breath away, and the music and nature sounds are exactly right too. Even though we usually recommend that people close their eyes for the most effective relaxation and imagery, these gorgeous nature scenes, with the camera lingering on lakes, flowers, sunsets, meadows and ocean inlets, are the exception that proves the rule. There are also 5 brief, guided, stress reduction exercises, including breathwork and meditation. For people who don’t imagine on their own easily (and for people who do) this sets the gold standard for video meditation. (26 min.)
#6411 DVD $19.95

Other Categories Related to Stress
Overcoming Anxiety ..................10
Tranquilities Series for Stress.....43
Meditation..............................39-42

Call 1.800.800.8661 or visit healthjourneys.com
Guided Relaxation
Relieve Stress and Tension
by Kelly Howell
Kelly Howell’s work takes high tech and low tech to new synergies. Simple but powerful imagery, narrated in a rich, mellow voice, combines with harmonically layered brainwave frequencies and dreamy music, to create quite a deeply relaxing impact on mind, body and spirit. (60 min.)
#2386 CD  $14.95

A Day Away from Stress
Five Easy Relaxation Exercises with Soothing Music
by Jim Porter
Dr. Stuart McCalley’s strong, clear voice offers a fine introduction and five proven ways to relax: breathing exercises, progressive relaxation, sound meditation, body scanning, and deep relaxation, followed by 5 pieces of music alone – effective for even the most mainstream, corporate setting. (50 min.)
#2378 CD  $16.00
#2397 CD Spanish  $16.00

Thought Field Therapy
for Stress Management & Peak Performance
by Mary Sise
Mary Sise simplifies and combines elements from Thought Field Therapy (TFT) and Emotional Freedom Technique (EFT) to produce a simple, accessible, all-purpose, user-friendly, acupressure/eye movement protocol for anxiety, stress, fears and phobias. Quirky as this method might appear, it really gets results. (120 min.)
#6414 DVD  $34.95

Emotional Renewal
for Caregivers
Looking After Yourself while Helping a Loved One
by Lynn Joseph, PhD
This superb, 7-track, guided imagery CD targets caregiver stress in a wonderfully comprehensive way. Segments include an excellent intro with helpful advice, followed by imagery segments for: Boosting Self-Love, Planning a Smooth Day; Healing Stressful Feelings; Connecting with Your Future Self; Sleeping Soundly; and much more. (72 min.)
#2395 CD  $17.98

Caregiver Stress
by Belleruth Naparstek
Belleruth wrote this imagery to remind the caregiver – whether this is a family member or a professional provider – of their own strength, goodness, tenacity and resourcefulness. The imagery affirms the generational values being carried forward, notes the invisible forces of love and support surrounding the listener, and underlines the need for self-care. Also designed to provide relaxation and balance, sustain motivation, reduce isolation, acknowledge difficulties without sugar-coating them and help release any accrued resentment, it restores hope for the future. With affirmations. (45 min.)
#2153 CD  $17.98
#7153 MP3 (website)  $11.98
#2853 PLAYAWAY  $39.99

Available in Spanish too!
Anxiety & Panic
by Belleruth Naparstek

This combination of brief mind-body exercises, guided imagery and affirmations is geared to reduce or eliminate acute anxiety and panic attacks. The first 3 exercises: conscious breathing, mantra meditation and body awareness, can be used separately or cumulatively; followed by guided imagery to reduce fear and isolation; instill a sense of mastery and control; and manage or eliminate symptoms. With affirmations. This program was previously titled Panic Attacks. (66 min.)

#2149 CD $17.98
#7149 MP3 (website) $11.98

Fly Without Fear
Guided Meditations for a Relaxing Flight
by KRS Edstrom

This terrific program combines mindfulness, imagery and body awareness to gently relax the merely worried, and dramatically desensitize the truly terrified. Tracks are segmented for each travel phase, but blend together easily for one complete meditation. (73 min.)

#2368 CD $16.95
#7368 MP3 (website) $11.98

Relieve Stress & Anxiety
by David Illig, PhD

Once again David has produced a multi-layered program of brilliant, skillful, Ericksonian hypnosis that subtly but effectively helps listeners increase their ability to successfully deal with stress and decrease their reactivity to it. (79 min.)

#2342 CD $20.00
#7342 MP3 (website) $14.95

Free Yourself from Anxiety
by Erin Olivo, PhD

This is one of the best programs for managing and reducing anxiety that we’ve ever come across. Olivo’s approach combines mindfulness with cognitive behavioral training, and after she explains in her very crisp, clear, cogent voice, the ways that stress likes to manifest itself on the first CD, she offers 5 superb, cumulative guided practices on the second. She knows her stuff, and it’s clear this can work as an introductory, therapeutic session for many people looking for a way to deal with debilitating anxiety. (115 min.)

#2565 2 CDs $19.95

Help for Obsessive-Compulsive Disorder (OCD)
by Belleruth Naparstek

This imagery is designed to help reduce anxiety, stabilize biochemical swings, increase strength and motivation to resist unwanted thoughts and impulses, and envision a time of freedom from the oppressive symptoms of OCD. Supports and strengthens current treatment protocols for OCD. (49 min.)

#2152 CD $17.98
#7152 MP3 (website) $11.98
Mind-Body Exercises for Self-Mastery
by Belleruth Naparstek

This audio program of five exercises for self-mastery is the first in our Fort Sill Resiliency Series. The introduction is by David Rauls, ISG, U.S. Army (RET), the primary force behind creating this military-friendly recording.

Similar to our Stress Hardiness segments, these exercises teach simple but powerful self-mastery skills, to train warfighters and military support personnel to maintain calm focus and cognitive flexibility under pressure through (1) conscious breathing, (2) key word repetition, (3) progressive body scanning, (4) guided imagery for deep relaxation and (5) guided imagery for restful sleep.

Listening to preferred segments for a half hour a day, 5 days a week, for 8 weeks has been shown to significantly alleviate combat and re-entry stress. Optimal listening times are upon waking up or falling asleep, but any available time is a good time. Additionally, consider uploading these to your phone or audio device, to have handy to use any time during the day as needed. (77 min.)

#2159 CD $17.98
#7159 MP3 (website) $11.98
#2859 PLAYAWAY $39.99

You can now download the Dave Rauls intro free to accompany any imagery for a soldier or vet. Visit healthjourneys.com/militaryraulintro.asp.

Stress Hardiness Optimization
by Belleruth Naparstek

Designed to help those engaged in dangerous or traumatizing work stay calm and balanced under pressure. The 5 exercises on this program teach self-regulation, mood control and steady, stable self-control. (73 min.)

#2150 CD $17.98
#7150 MP3 (website) $11.98
#2850 PLAYAWAY $39.99

Traumatic Brain Injury (TBI)
by Belleruth Naparstek

This guided imagery program, designed with the help of scores of TBI survivors and caregivers, targets a wide range of symptoms and difficulties, such as headache, coordination, balance, memory, concentration, word retrieval, fatigue, sensitivity to light, noise and touch; and is also designed to help even out mood swings, alleviate depression, soothe agitation, instill hope and inspire a return of confidence and self-esteem. Also suitable for Acquired Brain Injury, Stroke and other conditions that affect brain functioning. Segmented to allow for brief listening intervals. With affirmations. (49 min.)

#2160 CD $17.98
#7160 MP3 (website) $11.98
#2860 PLAYAWAY $39.99
Healing Traumatic Stress

Guided Imagery for the Three Stages of Healing Trauma
Nine Meditations for Posttraumatic Stress
by Belleruth Naparstek

A staged healing program in and of itself, this 3-CD set makes an ideal accompaniment for Invisible Heroes. For Stage 1, Re-establishing Safety & Control, Protection & Support, a Walking Meditation and Imagery for Restful Sleep. Stage 2, Healing & Integration, has Imagery to Ease Depression, Release Grief and Heal Trauma. And Stage 3, Clean-up & Renewal, offers Imagery for Confidence, Anger & Forgiveness and Affirmations for PTS. (3 hrs. 41 min.)

#2145 CD $59.95
#7145 MP3 (website) $40.95

Invisible Heroes
Survivors of Trauma and How They Heal
by Belleruth Naparstek

This award winning book explains in clear, friendly English what posttraumatic stress really is – a biochemically based survival response – and what works best to heal it. Traditional counseling is often not the answer – it doesn’t reach the affected parts of the brain or the body. Imagery and the imagery-based therapies do, especially in the first stage of healing. It has more than 20 imagery scripts tailored to the three stages of recovery; the latest information on how to get the most out of an imagery experience; and there’s also a practical guide to the best of the new, imagery-based “alphabet” therapies – EMDR, TFT, TIR, EFT, SE and more. Your copy will be autographed upon request. (377 pgs.)

#4208 Hardcover $29.95
$17.50
#4215 Paperback $16.00
#4218 Uncensored Audio Book 11 CD Set $99.98

Healing Trauma
by Belleruth Naparstek

Designed with help from combat vets, survivors of rape, bombings, accidents, natural disasters and incest, and we think it’s the best work we’ve ever produced. Found effective in research at the Biloxi V.A., and three studies at the Durham V.A. show even stronger symptom reduction. In the immediate aftermath of trauma, we recommend most people start with the Stress Hardiness Optimization, Healthful Sleep, Relaxation & Wellness or Affirmations first and then work their way up to the more intense imagery on this program. (60 min.)

#2120 CD $17.98
#7120 MP3 (website) $11.98
#2820 PLAYAWAY $39.99

Anxiety & Panic
by Belleruth Naparstek

This combination of brief mind-body exercises, guided imagery and affirmations is geared to reduce or eliminate acute anxiety and panic attacks. The first 3 exercises: conscious breathing, mantra meditation and body awareness, can be used separately or cumulatively; followed by guided imagery to reduce fear and isolation; instill a sense of mastery and control; and manage or eliminate symptoms. With affirmations. This program was previously titled Panic Attacks. (66 min.)

#2149 CD $17.98
#7149 MP3 (website) $11.98

Trauma survivors and their loved ones report a great sense of relief, once they understand their baffling symptoms; and therapists are glad to finally have a course correction that delivers results.

Call 1.800.800.8661 or visit healthjourneys.com
For Emotional Resilience

**Heartbreak, Abandonment & Betrayal**
by Belleruth Naparstek

Designed to help people get past heartbreak, it addresses the physical, psychological and emotional pain involved in wrenching loss. Images reconnect listeners to their own core, inner strength and sense of wholeness; encourage a deep appreciation of their own value, courage and worth; provide a sense of being surrounded by the constant, loving, steady support of ancestors and other key figures; and instill reminders of a sense of purpose, lovability, hope in the future, and the eventual return to living each day with an open, joyful heart. With affirmations. (50 min.)

#2157 CD $17.98
#7157 MP3 (website) $11.98

**Heal Your Emotional Heart Pack**

For those burdened with some heartache, we’ve assembled two of Belleruth’s most powerful bestsellers, *Heartbreak, Abandonment & Betrayal*, teamed up with *Anger & Forgiveness*, and Emmett Miller’s brilliant *Accepting Change and Moving On*. Send this gift pack to friends in need and we promise they’ll be in a far better place after immersion in these profoundly healing tracks. Packed in a beautiful white bag with a red ribbon.

#9757 Gift Pack $52.91 $37.95

**Inner Child Healing**
by Emmett Miller, MD

This highly original meditation weaves psychological wisdom with beautiful imagery, core affirmations and deep relaxation to evoke healing from an adult’s past childhood trauma and neglect. The guided imagery makes wonderful use of the voices of a man, a woman and a child (Emmett’s, Margot’s and Emmett’s daughter Aeron’s, at the age of eleven), to powerful effect – a unique and very special recording. (74 min.)

#2760 CD $16.95
#7760 MP3 (website) $11.98

**Nurturing Your Inner Child**
by William DeFoore, PhD

These first-rate, sophisticated, popular inner child guided meditations and affirmations on healing and self-love are the real deal, offering reparative images and cognitive counterweight for those whose sense of self was profoundly injured in childhood. Segments range from just a few minutes to almost 9 minutes. They are perfect for those in recovery from childhood sexual abuse, spousal abuse, substance abuse or just a tough, harsh childhood. This was worth waiting for, and we’re delighted to offer this. (65 min.)

#2555 CD $19.95
Self-Compassion Meditations
by Traci Stein, PhD, MPH
The practice of self-compassion helps us cultivate a more respectful, patient, and loving relationship, with ourselves and others. Soothing but powerful hypnotic imagery and affirmations give us the perspective of the loving observer and wise guide, to help us release self-criticism and foster feelings of self-kindness. There is also a track to use during sleep. Regular listening reminds us that we are far more than our challenges or self-judgments.
#2230 CD $17.98
#7230 MP3 (website) $11.98

Anger & Forgiveness
by Belleruth Naparstek
So often when we try to forgive, we wind up right back in the same old mire of resentful, self-righteous thinking. This imagery sidesteps all that by focusing on the metaphor of loosening tight cords constricting the heart. It’s becoming a favorite of some of our returning warriors, too. (60 min.)
#2103 CD $17.98
#7103 MP3 (website) $11.98
#2803 PLAYAWAY $39.99

Other Titles Related to Emotional Resilience

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<tr>
<td>Beginner’s Guide to Forgiveness by Jack Kornfield</td>
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<td>Beat the Blues Pack</td>
<td>$4.98</td>
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Call 1.800.800.8661 or visit healthjourneys.com
Hospice & Palliative Care

**Ease Grief**  
by Belleruth Naparstek  
One of Belleruth’s favorites, this imagery takes listeners on a journey back to their aching hearts, where they discover that everything lost is still alive there. Designed to help people tolerate, experience and get beyond their pain, it’s a favorite in grief support groups. (48 min.)  
#2118 CD $17.98  
#7118 MP3 (website) $11.98  
#2818 PLAYAWAY $39.99

**Hospice & Palliative Care**  
by Belleruth Naparstek  
This imagery helps end-of-life patients find acceptance, forgive self and others, say goodbye, prepare for the journey and bring closure to unresolved issues. Made to help loved ones as well, it’s been a nice surprise to see how much this also helps with long-ago losses. Steve Kohn outdid himself with an extraordinarily beautiful, heart-melting score. (39 min.)  
#2113 CD $17.98  
#7113 MP3 (website) $11.98

Dealing with Grief

“After a family member committed suicide I never thought anything could soothe my pain. This imagery has taken me through such dark days and has brought me to a new view on how to survive, to be gentle with myself and to continue to experience the love of all who have died and I grieve.”  
Reviewed by Marilyn

**Heal Your Heart**  
**Coping with the Loss of a Pet**  
by Karen Adele Litzinger  
This moving, sensitive, compassionate audio program reflects Karen Litzinger’s deep understanding of the loving bond between human and animal, and the profound grief that is experienced when that relationship ends. She narrates her guided meditations with obvious empathy and comprehension, even touching on the way some people criticize the devastation grieving humans feel at the loss of an animal companion. People have been asking us for a guided meditation program like this for years, and we’re very happy to have one at last. (49 min.)  
#2785 CD $18.00

**Accepting Change and Moving On**  
by Emmett Miller, MD  
This hypnotic, healing imagery helps listeners let go of loss and make room for change and growth, by using the subtle but powerful metaphor of the tides. The first track provides general relaxation, and the second focuses on letting go. (59 min.)  
#2353 CD $16.95  
#7353 MP3 (website) $11.98

The best times to listen are when waking up and falling asleep. Even if you keep falling asleep while listening, you still benefit.
Spiritual Guide
by Belleruth Naparstek

This imagery is designed to help open inner gateways to spiritual attunement, and allow for communion with divine guidance, understanding and wisdom. It’s a heart-based complement to prayer or meditation, created to set up the preconditions for attaining insight, clarity and perspective. The goal is to help listeners live in greater harmony with their deepest purpose and highest good. With affirmations. (44 min.)

#2156 CD $17.98
#7156 MP3 (website) $11.98

4 Meditations for Unlocking Intuition
Finding Answers in the Wisdom of the Heart
by Belleruth Naparstek

Four exercises from the best selling Your Sixth Sense to help you solve puzzles and access answers from the right side of your brain: (1) Simple, Heart-Focusing Imagery; (2) Imagery to Dissolve into Universal Wisdom; (3) Imagery for Receiving an Answer as a Gift; (4) a Heart-to-Heart Paired Meditation to Find Insight for Another. With complete instructions and tips for getting the most out of the imagery. (70 min.)

#2147 CD $17.98
#7147 MP3 (website) $11.98

Your Sixth Sense
Unlocking the Power of Your Intuition
by Belleruth Naparstek

This book explores the nature of intuitive and creative mind states, and how imagery can be used to successfully access them at will. It’s the result of interviews with over 40 tried and true psychics, whose names and addresses are listed in the back. It contains several imagery scripts designed to enhance these super-productive mind states, and it’s accessible and universal enough to have been translated into nine languages. (225 pgs.)

#4201 Book $14.99

Intuition Pack
by Belleruth Naparstek

This potent combination for releasing your native intuitive ability contains Belleruth’s bestselling book, Your Sixth Sense: Unlocking the Power of Your Intuition, which explores the nature of intuitive mind states and how imagery can be used to access them. Included are 9 sample imagery scripts. Complementing the book is the CD, Unlocking Intuition, which contains four of the imagery exercises from the book.

#9547 CD & Book $24.93 $26.95
Help for Cancer

**Chemotherapy**
by Belleruth Naparstek

The central image is of a lovely fountain of healing liquid, cleansing and clearing the body, and helping the body’s own natural defense system do its work. The net effect is to put chemo in a more positive light, lift spirits, and to help reduce side effects. (41 min.)

#2109 CD $17.98
#7109 MP3 (website) $11.98
#2809 PLAYAWAY $39.99

**Optimizing Chemotherapy**
by Emmett Miller, MD

Designed to reinforce the natural healing capacity of the body. Track One evokes a powerful, all-purpose, relaxed healing state. Track Two is designed to catalyze the focused power of the cancer-fighting immune system; and Track Three encourages the listener to align with a maximally effective chemo experience. (48 min.)

#2631 CD $17.98
#7631 MP3 (website) $11.98

**Bone Marrow & Stem Cell Transplantation**
by Belleruth Naparstek

This imagery uses powerful metaphors of rescue, rebirth and resurrection, cushioning the rigors of chemo with evocative images of love, protection and support, and instilling hope, energy, comfort and patience during the recovery period. (44 min.)

#2106 CD $17.98
#7106 MP3 (website) $11.98
#2806 PLAYAWAY $39.99

**Optimizing Radiation Therapy**
by Emmett Miller, MD

This potent combination of guided imagery, self-hypnosis and affirmations from one of the great masters and voices in the field, provides 3 tracks. The first generates a powerful, relaxed healing state. Track Two deepens the relaxation and envisions the focused, energized, cleansing power of the immune system; and Track Three supports the effectiveness of radiation therapy. (48 min.)

#2635 CD $17.98
#7635 MP3 (website) $11.98

**Fatigue**
(Treatment Related)
by Belleruth Naparstek

Belleruth was first asked to create this imagery to help counter the fatigue, anemia and depression that can accompany chemotherapy and other cancer-fighting treatments. Instead of affirmations, Steve Kohn’s energizing and uplifting music plays on its own on the second track. (40 min.)

#2114 CD $17.98
#7114 MP3 (website) $11.98
#2814 PLAYAWAY $39.99

**Other Titles Related to Cancer Treatment**

Tranquilities Series ......................43
Beyond Cancer Healing Meditations
by Peg Doyle, M.Ed

Peg Doyle’s calming, grounded, skillful guided meditations are the first to target the anxious times cancer survivors know so well – just before a medical appointment and while awaiting results from follow-up scans. A third track helps listeners anticipate a long and healthy life. Peg has a natural, likeable, trustworthy voice, and her authentic, knowledgeable guidance provides solid, realistic reassurance without soft-peddling the challenges. (41 min.)

#2780 CD $14.95
#7780 MP3 $11.98

Healthy Immune System
by Belleruth Naparstek

This imagery is designed for general immune system strengthening and balancing – great for cancer survivors who want to continue using imagery for maintaining their good health. It’s written to support the strong but discriminating action from protector cells in the body; to encourage appropriate action from suppressor cells; and promote the defense system’s ability to differentiate between compromised cells and healthy ones. Additional imagery encourages appreciation and gratitude for the body’s exquisitely orchestrated, non-stop system of protection. With affirmations. (35 min.)

#2154 CD $17.98
#7154 MP3 (website) $11.98

Radiation Therapy
by Belleruth Naparstek

Here Belleruth chose the central image of a powerful beam of light that knows exactly where to go to do its healing work, while a general sense of being loved, protected and supported surrounds the listener. This is followed by continuous music instead of the usual affirmations. (32 min.)

#2133 CD $17.98
#7133 MP3 (website) $11.98
#2833 PLAYAWAY $39.99

Call 1.800.800.8661 or visit healthjourneys.com

New!

Managing the Distress of Cancer and Its Treatment
by Carolyn Daitch, PhD

This excellent, guided meditation is a wonderful support for chemo patients. Carolyn Daitch, PhD, has created a beautiful CD that is half guided imagery and half Ericksonian hypnosis. Her voice is lovely, and it’s an all-round, beautifully produced audio, that makes a first class alternate to Belleruth’s Chemotherapy imagery. (75 min.)

#2336 CD $26.95

Fight Cancer
by Belleruth Naparstek

This popular imagery combines images of tumors shrinking and fighter cells battling and triumphing over cancer cells, with motivation strengthening and energy mobilizing. Steve Kohn’s rich, empowering music broadcasts strength, support, safety and hope. (41 min.)

#2107 CD $17.98
#7107 MP3 (website) $11.98

Beyond Cancer Healtning Meditations
by Carolyn Daitch, PhD

This excellent, guided meditation is a wonderful support for chemo patients. Carolyn Daitch, PhD, has created a beautiful CD that is half guided imagery and half Ericksonian hypnosis. Her voice is lovely, and it’s an all-round, beautifully produced audio, that makes a first class alternate to Belleruth’s Chemotherapy imagery. (75 min.)

#2336 CD $26.95

Healthy Immune System
by Belleruth Naparstek

This imagery is designed for general immune system strengthening and balancing – great for cancer survivors who want to continue using imagery for maintaining their good health. It’s written to support the strong but discriminating action from protector cells in the body; to encourage appropriate action from suppressor cells; and promote the defense system’s ability to differentiate between compromised cells and healthy ones. Additional imagery encourages appreciation and gratitude for the body’s exquisitely orchestrated, non-stop system of protection. With affirmations. (35 min.)

#2154 CD $17.98
#7154 MP3 (website) $11.98

Radiation Therapy
by Belleruth Naparstek

Here Belleruth chose the central image of a powerful beam of light that knows exactly where to go to do its healing work, while a general sense of being loved, protected and supported surrounds the listener. This is followed by continuous music instead of the usual affirmations. (32 min.)

#2133 CD $17.98
#7133 MP3 (website) $11.98
#2833 PLAYAWAY $39.99

Call 1.800.800.8661 or visit healthjourneys.com

New!
General Wellness
by Belleruth Naparstek

Intended to be used as a kind of all-purpose, healing meditation, with rich images of how the body rids itself of unhealthy cells and replaces them with healthy new growth. It’s got some lush metaphors that provide a general spiritual uplift. (42 min.)

#2116 CD $17.98
#7116 MP3 (website) $11.98
#2816 PLAYAWAY $39.99

Guided Imagery Mix
Six Brief Meditations
for Mind, Body & Spirit
by Belleruth Naparstek

This mix of 6 brief guided imagery segments was retuned and remixed from favorite titles into self-contained clips, to provide quick access to a relaxed, healing mind state – especially useful when time is short. It includes imagery for Favorite Place, Sitting in the Seat of the Heart, Surrounded by Protection, Walking Meditation, Settling into the Body and Affirmations for Healing the Heart. Mix and match however you wish. (73 min.)

#2158 CD $17.98
#7158 MP3 (website) $11.98

Available in Spanish!
Available in Hebrew on our website!

Relaxation & Wellness
by Belleruth Naparstek

This imagery is for facing any stressful situation, to help with general anxiety, or to just promote feelings of peace, balance and optimism. The images heighten feelings of love and safety, pump up serotonin and promote an energized calm. (38 min.)

#2135 CD $17.98
#7135 MP3 (website) $11.98
#2835 PLAYAWAY $39.99

Healthy Immune System
by Belleruth Naparstek

For years we’ve had requests for general, immune system imagery – from cancer survivors who want to continue using imagery for maintaining their good health; to help tone down their over-eager fighter cells; and to those prone to infections, colds and viral illness. So this imagery is designed for general immune system strengthening and balancing. With affirmations. (35 min.)

#2154 CD $17.98
#7154 MP3 (website) $11.98

Staying Well with Guided Imagery
How To Harness the Power of Your Imagination for Health and Healing
by Belleruth Naparstek

Belleruth wrote this book to explain how imagery works for general health and healing, and she discusses how and when it works best. It describes eight different kinds of imagery, and offers over 20 scripts for reading, recording or general use. Healthcare professionals and “regular” folks use it with equal enthusiasm. (228 pgs.)

#4203 Book $13.95
Healthy Heart
by Belleruth Naparstek
This program provides a lot of healthy artery and blood chemistry imagery, while also focusing on opening the heart, reducing stress, impatience and resentment, and cultivating peace, calm and gratitude. (51 min.)

#2122 CD $17.98
#7122 MP3 (website) $11.98

Down with High Blood Pressure
by Emmett Miller, MD
Four exercises from the talented psychiatrist and guided imagery virtuoso with the amazingly deep voice and skillful technique, will help you identify your triggers for elevated blood pressure and pull the plug on them. (77 min.)

#2332 CD $16.95
#7332 MP3 (website) $11.98

Cardiac ICU & Rehab
by Belleruth Naparstek
We created this 2-part audio with noted cardiothoracic surgeon Mehmet Oz at Columbia Presbyterian, to accelerate healing, reduce pain and depression, and motivate exercise and healthy new habits, while cultivating optimism and patience with the recovery process. We call the music “Chariots of Oz” in his honor. (88 min.)

#2108 CD $19.98
#7108 MP3 (website) $13.98
#2808 PLAYAWAY $39.99

I work in a Cardiac Surgical ICU and have purchased this CD as part of our unit’s Healing Enhancement program. We have incorporated Guided Imagery into our patients care – what a fantastic CD this is. It is becoming very well recieved by our staff and patients alike. Thanks for helping improve our patients hospitalization at a time when it counts the most.

Reviewed by Jill

Other Titles Related to Heart Health
Anger & Forgiveness.............14
Healthy Weight..................25-26
Perfect Pressure, Healthy Heart by Carol Ginandes ........ website
The Healthy Heart Kit by Andrew Weil, MD....website
Pain Relief

Relieve Headaches
by Belleruth Naparstek

For this program, Belleruth created one imagery exercise to help relieve headaches, and another to help prevent them. The focus is on relaxing tense muscles in the head and neck, evening out blood vessel caliber, elevating serotonin, clearing out toxins, and evoking balance and calm. (74 min.)

#2119 CD $17.98
#7119 MP3 (website) $11.98
#2819 PLAYAWAY $39.99

Pain Relief
by Martin Rossman

We’re delighted to be carrying this audio by interactive guided imagery pioneer Marty Rossman. The three guided meditations consist of Finding Your Healing Place, Endorphin Drip Imagery, and Dialogue with Pain. Marty has a really calming, natural, supportive voice, uncluttered by music of any sort, which some listeners prefer. Progressive muscle relaxation and favorite place imagery are followed by more specific glandular and biochemical imagery, designed to reduce pain. And there’s a guided exercise to dialogue with pain that incorporates powerful elements of interactive imagery that help the listener personalize the experience and gain insight. (74 min.)

#2580 CD $14.95

Ease Pain
by Belleruth Naparstek

Through relaxing around and through physical or emotional pain, refocusing the mind, and marshalling serotonin-elevating images of love, gratitude, safety and peace, pain is minimized or even transformed. (44 min.)

#2132 CD $17.98
#7132 MP3 (website) $11.98
#2832 PLAYAWAY $39.99

Defeat Pain
by KRS Edstrom

Eight superb segments combine mindfulness, breathwork, imagery of releasing blocked energy and trapped toxins, Buddhist notions about acceptance, and thought-ful cultivation of new habits in response to pain, all combine to create an extremely intelligent and effective tool. (40 min.)

#2370 CD $16.95
#7370 MP3 (website) $11.98

Other Titles Related to Relieving Pain

The Everything Guide to Integrative Pain Management............. website
Aromatherapy..................43-44
Natural Pain Relief
by Shinzen Young............. website
Put Away Pain Pack............ website

Healing Your Back
by Emmett Miller, MD

This is a very artfully designed program of four highly effective hypnosis, imagery and relaxation exercises designed to alleviate back pain, relieve stress and disconnect the triggers that lead to re-injury. (78 min.)

#2333 CD $16.95
#7333 MP3 (website) $11.98
Successful Surgery
by Belleruth Naparstek

This imagery, found to be highly effective in double blind, placebo-controlled research, creates the context for a successful, safe and comfortable surgery, complete with suggestions to reduce bleeding and speed up mending with minimal discomfort. A separate music track can be played in the O.R., and affirmations are focused on the recovery period. (81 min.)

#2142 2 CDs $19.98
#7142 MP3 (website) $13.98
#2842 PLAYAWAY $39.99

Relaxed & Awake during Medical Procedures
by Belleruth Naparstek

Written for uncomfortable, anxiety-producing or just plain yucky procedures that require conscious participation from the patient. The imagery encourages a sense of mastery and control, keeps muscles relaxed and the psyche calm, confident and steady. (41 min.)

#2136 CD $17.98
#7136 MP3 (website) $11.98
#2836 PLAYAWAY $39.99

Surgery Pack

Four titles geared to support successful surgery add up to tremendous savings. Combine our research-proven Successful Surgery with our Healthful Sleep program, plus the Ease Pain imagery to ease post-surgical discomfort and General Wellness to get you up and about, and you’re pretty well set.

#9242 CD Pack $73.92  $54.95
#7242 MP3 (website) $49.92  $36.95

Save Over $18!

Dialysis
by Belleruth Naparstek

Uses imagery to help stabilize blood pressure, increase energy, ease discomfort, support dietary changes and encourage a positive connection to the cleansing work of hemodialysis. (58 min.)

#2112 CD $17.98
#7112 MP3 (website) $11.98
#2812 PLAYAWAY $39.99

Other Titles Related to Surgery & Medical Procedures

Pregnancy and Childbirth .......................................................... 37
Chemotherapy ................................................................................. 17
Radiation Therapy ................................................................. 18
Simply Successful Surgery by Linda Voyles, RN ... website

Call 1.800.800.8661 or visit healthjourneys.com
Health Journeys Professional Program

Are you a Healthcare or Wellness Professional?

Join our expanding team of Professionals… nurses, doctors, therapists, coaches, hospital administrators, eap directors, yoga instructors, acupuncturists – anyone who wants to get guided imagery into the ears of those who need it.

As a member of the Health Journeys Professional Program you enjoy discounted pricing, special offers, a clinically oriented monthly enews, and expedited order processing.

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Great News!
HJ Bulk Downloads!!

We got the message! Now you can have your own branded, custom-labeled, download page for the people you serve. Thanks to our versatile, new, FREE app, even your iPhone/iPad using folks can quickly and easily load the audio programs that you’ve chosen for them, directly into their devices.

“Although I have worked in hospitals for over 25 years, when I learned that I had to have an open abdominal surgery last year, I was worried. I was given Health Journeys’ “Successful Surgery” CD prior to my procedure. I listened to it regularly before surgery and it really gave me a sense of calm and confidence. My surgery went very well and my recovery was smooth.

When I returned to work after medical leave, I met with our CNO and suggested that we offer “Successful Surgery” CDs to our patients. We began by offering the CD to our total joint recipients, and the response has been wonderful. We are expanding our guided imagery and affirmation offerings to our OB patients through our midwifery clinic and are exploring other opportunities with Health Journeys in pain management and other procedures.”

~ Catherine Zaharko, VP Marketing
San Juan Regional Medical Center

Private Labeling

For nearly two decades we’ve private labeled our titles with leading pharmaceutical companies, hospitals and insurance carriers, including Aetna U.S. Healthcare, Columbia Presbyterian Hospital, Amgen, GlaxoSmithkline, Roche, Ortho Biotech, Blue Shield of California, and Kaiser Permanente.

Our CDs are in hundreds of hospitals, clinics and health centers. Become a private label partner and Health Journeys will work with you to customize an item to best reflect your brand and meet your needs.

Sample private labels
Top 10 Titles

#1 (p. 5) Self-Compassion Meditations
To Release Self-Criticism and Foster Self-Kindness
by Traci Stein
(See page 3)

#2 (p. 7) Mindfulness Meditations
Finding Peace & Perspective in the Present Moment
by Traci Stein
(See page 3)

#3 (p. 19) Healthy Weight & Body Image
by Traci Stein
(See page 25)

#4 (p. 22) Mindful Meditation Mix
Five Brief Guided Exercises for Mindful Awareness
by Belleruth Naparstek, Traci Stein, and Steven Mark Kohn
(See page 4)

#5 (p. 12) Yoga Nidra
Guided Meditations for Relaxation & Renewal
by Julie Lusk, M.Ed
(See page 42)

#6 (p. 21) Guided Mindfulness Meditations
Practicing Presence and Finding Peace
by Julie Lusk, M.Ed
(See page 4)

#7 (p. 18) Mindfulness Meditation
Nine Guided Practices to Awaken Presence and Open Your Heart
by Tara Brach, PhD
(See page 40)

#8 (p. 10) Heal Your Heart
Coping with the Loss of a Pet
by Karen Adele Litzinger
(See page 15)

#9 (p. 14) Self-Directed Brain Change
by Rick Hanson, PhD
(See page 32)

#10 (p. 25) Beyond Cancer
Healing Meditations
by Peg Doyle, M.Ed
(See page 18)

Good Morning Yoga & Good Night Yoga
by Mariam Gates
(See page 35)

Call 1.800.800.8661 or visit healthjourneys.com
Healthy Weight & Body Image
by Traci Stein, PhD, MPH

This multi-track, holistic, mind-body audio is designed for those who need to make moderate lifestyle adjustments to improve their wellness, all the way to those struggling with an eating disorder. It draws on the power of hypnotic guided imagery, mindfulness practices, and affirmations to help you learn how to stop overeating and how to stop emotional eating, and shift instead to healthy eating for weight loss, healthy amounts of exercise, and even healthy eating to gain weight naturally. (76 min.)

#2220 CD $17.98
#7217 MP3 (website) $11.98

Your healthiest weight is the one that honors your inherent worth and keeps your body strong, mind sharp, and emotions balanced.

Traci Stein, PhD, MPH

Save $9!

Healthy Weight & Body Image during Sleep
by Traci Stein, PhD, MPH

This guided imagery audio instills healthy eating and weight loss habits and helps with body image, holistically and naturally, during sleep, a very receptive mind-state for enhanced learning and behavior change. A perfect complement to the Healthy Weight & Body Image, it also serves as a stand-alone therapeutic tool and sleep aid, designed to enhance and deepen your restorative nighttime sleep. (76 min.)

#2225 CD $17.98
#7219 MP3 (website) $11.98

Did you know that...
• The more you use imagery, the better it at it you get.
• You don’t have to believe in its impact for it to work.

Day & Night Healthy Weight & Body Image Set
The paired set is designed for a whole range of people – from anyone wanting to make moderate lifestyle adjustments, all the way to those struggling with an eating disorder.

#9352 CD Pack $35.96 $26.95
#7352 MP3 Pack (website) $23.95 $17.95

“Your healthiest weight is the one that honors your inherent worth and keeps your body strong, mind sharp, and emotions balanced.”

Traci Stein, PhD, MPH

Save $9!
Freeing Yourself of Excess Weight
by Martha Howard, MD
Martha Howard uses her own beautiful voice and music to present a powerful combo of hypnosis, imagery and affirmations on this superb CD. By the time she’s done with you, you’re craving fresh veggies and pure water, and desperate for exercise. (38 min.)
#2316 CD $15.00
#7316 MP3 (website) $11.98

Bite by Bite
by Geneen Roth
Geneen Roth is a walking, talking antidote for reversing our wacky cultural distortions about eating and self-image. This double CD set is wonderful for anyone struggling with weight, and particularly good for people with eating disorders. An engaging presenter, she has some very important, well-organized content. The first CD offers 7 guidelines to break free from emotional eating, with a 12-minute guided eating meditation. The second CD is about getting in touch with feelings, and includes a 20 minute imagery exercise. (2¼ hrs.)
#2543 2 CDs $19.95

Weight Loss
by David Illig, PhD
David Illig creates some of the best Ericksonian hypnosis programs I’ve ever heard. His voice is trustworthy and gentle, and his virtuoso technique is subtle, effective and masterful. Musical tones, heard in both sides of the brain, and simple, safe, subliminal affirmations round out this super-effective audio. (75 min.)
#2340 CD $20.00
#7340 MP3 (website) $14.95

Research shows guided imagery can help:
• Reduce cravings for food and drugs
• Lower blood pressure, blood sugar & cholesterol
• Speed up healing from surgical wounds
• Elevate immune functioning
• Reduce pain and headache
• Relax, calm and elevate mood

Other Titles Related to Weight Loss
Healthful Sleep.................................................................5
Conscious Eating, Conscious Living
by Barbara Holtzman.............................................., website
Increase Your Metabolism
by David Illig, PhD....................................................., website
Detox Box by Mark Hyman, MD .............................., website
Weight Loss & Self-Improvement
by David Illig, PhD....................................................., website
Permanent Weight Loss
by Emmett Miller, MD.............................................., website
Chemical Dependencey

Stop Smoking
by Belleruth Naparstek
Motivation to stop smoking comes from imagining the lungs healing and toxins clearing, while anticipating being able to fully smell, taste and enjoy life, and welcome the return of energizing oxygen and energy. Relaxation skills allow the listener to comfortably stay on track. Found effective in several smoking cessation studies at the University of Akron. (60 min.)

#2139 CD $17.98  
#7139 MP3 (website) $11.98  
#2839 PLAYAWAY $39.99

“"I had a ten-year habit I wanted to break, but no confidence I could do it in my regular routine. So I decided to quit on vacation. I smoked my last cigarette at the airport, listened to these meditations on the plane – and that was it. It was almost as if I’d never smoked. I barely thought about smoking at all, although I listened to one or two of the meditations every day just in case.

Back at home I listen to them every once in a while to keep my non-smoking energy up. I can’t say for sure that these meditations worked the miracle, but they certainly helped! Thank you!”

Reviewed by Robin

Alcohol & Other Drugs
by Belleruth Naparstek
Belleruth created this imagery with the help of several 12-step groups and recovery counselors, using heart-opening imagery to help reduce addictive craving and teach relaxation skills. It includes images of the body restoring itself and regaining vitality to accentuate positive motivation and support abstinence. (61 min.)

#2102 CD $17.98  
#7102 MP3 (website) $11.98

Guided Self-Hypnosis to Help Release Old Habits
Creating Positive Change
by Traci Stein, PhD, MPH
This powerfully effective program is designed to help change bad habits, such as nail biting, mindless eating and smoking, and create positive change, by combining skillfully crafted hypnotic suggestions with guided imagery. It draws upon mindfulness meditation, cognitive-behavioral therapy, and a comprehensive understanding of the social science research on how to change bad habits, attitudes and behavior. (74 min.)

#2215 CD $17.98  
#7215 MP3 (website) $11.98

Listen to a sample on our website and see for yourself why this program for changing unhealthy habits is recommended by word of mouth and by professionals alike, nationwide.
Music from Health Journeys
by Steven Mark Kohn

This wonderful CD contains Music for Relaxation & Meditation – the same mellow, inspiring music, with the long, lovely harp chords for slowing and deepening the breath that scores so many of our imagery programs. The second track is Steve’s powerfully juicy Music for Energy & Motivation – the more complex motivational music that scores our imagery for behavior change and recovery from addiction. (55 min.)

#2131 CD $17.98
#7131 MP3 (website) $11.98

Inward Journey
More Music from Health Journeys
by Steven Mark Kohn

Steve has simply outdone himself with this collection, which includes the lush, wide-ranging, meditative music from Healing Trauma: the rousing, energizing, empowering score from Cardiac ICU & Rehab; and the evocative, heartopening music from Hospice & Palliative Care. (74 min.)

#2144 CD $17.98
#7144 MP3 (website) $11.98

Meditative Reflections
by Steven Mark Kohn

Originally composed to score our imagery to reverse Anxiety and Panic, its gentle, slow-moving chords and simple folk-like melody combine perfectly to provide 64 uninterrupted minutes of exquisite holding space for deep calming, centering and gentle uplift, for use while working, meditating or resting. (64 min.)

#2151 CD $17.98
#7151 MP3 (website) $11.98

Relaxation & Recovery
Music to Help You Relax and Heal
by Chris Theriault

We’re diehard Steve Kohn fans – so much so that we rarely accept anyone else’s music for our list. But this recording is the exception. Chris Theriault’s beautiful music, with its soothing melodies, gentle rhythms and elegant harmonies, will keep you focused, calm, relaxed and positive. (57 min.)

#2730 CD $16.00

Other Music Titles
On Our Website
Shakuhachi Water Meditations
Baby Classics
Lovely Baby
Lovely Sleepy Baby

Music that Heals
Nobody composes and plays music like Steve Kohn, who achieves rare sophistication and subtlety in his calming, uplifting, emotionally nourishing work. Hear the full range of this incredible composer-musician’s work and enjoy music to support your every mood and intention.
Reduce & Control Allergies

by Belleruth Naparstek

This imagery is designed to help reduce inflammation; open air passages; calm irritated membranes; soothe compromised gut and skin; send settling messages to calm over-reactive immune responses; encourage discrimination and wisdom from the body’s protector cells; increase a general sense of balanced calm, resilience, inner strength and appreciation for the body. It also works to balance mood and relax the body, also important for reducing reactivity and controlling allergic sensitivity. With affirmations. (38 min.)

#2155 CD $17.98
#7155 MP3 (website) $11.98

Fibromyalgia & Chronic Fatigue

by Belleruth Naparstek

This imagery uses the latest research on what helps with FMS and CFS. Imagery of a balanced immune system and relaxed, well-oxygenated muscle tissue join other images that encourage sound sleep, reduce fatigue, pain and depression, and reinforce self-worth and optimism. (47 min.)

#2115 CD $17.98
#7115 MP3 (website) $11.98

Healthy Immune System

by Belleruth Naparstek

For years we’ve had requests for general, immune system imagery – from cancer survivors who want to continue using imagery for maintaining their good health; to help tone down their over-eager fighter cells; and to those prone to infections, colds and viral illness. So this imagery is designed for general immune system strengthening and balancing. It’s written to support the strong but discriminating action from protector cells in the body; to encourage appropriate action from suppressor cells; and promote the defense system’s ability to differentiate between compromised cells and healthy ones. With affirmations. (35 min.)

#2154 CD $17.98
#7154 MP3 (website) $11.98

Rheumatoid Arthritis or Lupus

by Belleruth Naparstek

This imagery was designed to focus on inflamed joints subsiding and overactive immune cells settling down. There is imagery to combat pain and fatigue, and encourage feelings of peace, calm and gentleness toward the self. (50 min.)

#2137 CD $17.98
#7137 MP3 (website) $11.98

Traumatic Brain Injury (TBI)

by Belleruth Naparstek

This guided imagery program targets a wide range of symptoms and difficulties, such as headache, coordination, balance, memory, concentration, word retrieval, fatigue, sensitivity to light, noise and touch; and is also designed to help even out mood swings, alleviate depression, soothe agitation, instill hope and inspire a return of confidence and self-esteem. Also suitable for Acquired Brain Injury, Stroke and other conditions that affect brain functioning. With affirmations. (49 min.)

#2160 CD $17.98
#7160 MP3 (website) $11.98
#2860 PLAYAWAY $39.99
**Diabetes**
by Belleruth Naparstek

Belleruth wrote this imagery so it would apply to either Type I or Type II diabetes. At the cellular level, it invokes images of insulin-sensitivity, whether to the body’s own insulin or injected medicine. It envisions a steady, balanced digestive process, ongoing organ repair, and steady energy and strength. (48 min.)

#2111 CD $17.98
#7111 MP3 (website) $11.98

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**Irritable Bowel Syndrome & Inflammatory Bowel Disease**
by Belleruth Naparstek

More and more research shows that relaxation and imagery can reduce symptoms of IBS and IBD. The images on this program focus on calming the digestive system, toxins clearing, the immune system achieving balance, and inflamed, irritated tissue subsiding. (39 min.)

#2126 CD $17.98
#7126 MP3 (website) $11.98

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**Parkinson’s Disease**
by Belleruth Naparstek

Developed with the help of the Parkinson’s Foundation of the National Capital Area, this imagery encourages good posture and balance; strong, steady movement; symptom control over freezing, cramping and/or tremors; relief from depression, discouragement and fatigue and much more. Includes cellular imagery specific to PD. (51 min.)

#2146 CD $17.98
#7146 MP3 (website) $11.98

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**Relieve Asthma**
by Belleruth Naparstek

The imagery on this program relieves anxiety and promotes deeper, calmer breathing, while promoting a stance of being less reactive to the environment. The listener senses airways opening, swollen tissue subsiding, histamine response dissolving and muscle bands relaxing. (45 min.)

#2104 CD $17.98
#7104 MP3 (website) $11.98

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**Multiple Sclerosis**
by Belleruth Naparstek

This program includes imagery to combat fatigue and depression; to envision reduced swelling along the myelin sheath; improve movement and balance; reduce cramping and pain; and calm overactive, misdirected immune cells. (38 min.)

#2130 CD $17.98
#7130 MP3 (website) $11.98
Increased Self-Esteem

Self-Confidence & Peak Performance
by Belleruth Naparstek
Belleruth designed this imagery to put a little distance between the listener and any stress, strain or fear of failure, while opening heart and mind to remembering the joy of merging with an activity and just flowing with it. Positive images pump up self-esteem, confidence and focus, creating an energized, calm sense of mastery. (58 min.)

#2138 CD $17.98
#7138 MP3 (website) $11.98
#2838 PLAYAWAY $39.99

Healthy Self-Esteem
by Traci Stein, PhD, MPH
This audio program features two guided self-hypnosis exercises – a brief version (8 minutes) and a long one (31 minutes), as well as 11 minutes of empowering affirmations, all designed to foster a healthy and enduring sense of self, whether for listening in a relaxed state or on the go. The use of rich, healing-themed imagery and hypnotic techniques helps release self-doubt; cultivate feelings of personal mastery; envision a future stronger self, and encourage present moment self-acceptance – all while embracing positive change. Especially impactful when used with the Self-Esteem during Sleep program. (61 min.)

#2201 CD $17.98
#7201 MP3 (website) $11.98

Self-Esteem during Sleep
by Traci Stein, PhD, MPH
This program is a complement to the Healthy Self-Esteem CD, and features potent hypnotic imagery specifically designed to foster a stronger, more confident, and healthy sense of self worth while sleeping in a deeply restorative state. Especially helpful for those whose Inner Critic tends to interfere with positive changes during the waking state, as well as for those who would like to enhance sleep quality while doing the work of inner healing. (60 min.)

#2205 CD $17.98
#7205 MP3 (website) $11.98

Self-Esteem Pack
This dynamic duo of titles by Traci Stein work together, during waking hours and while asleep, to foster and sustain healthy self-regard and self-worth. Get both Healthy Self-Esteem and Self-Esteem during Sleep and save $8!

#9273 CD Pack $35.96 $27.95
#7673 MP3 Pack (website) $24.96 $18.95

I recently purchased this CD at my doctor’s office. It has made a significant difference in my life in just a few days. I feel more confident about recent life altering decisions I’m facing. I’ve shared my experience with my co-workers. They are all looking into the guided imagery experience to help with their personal challenges. Many of us are part of the active and retired military community and work for the DoD. It was a comforting surprise to see the military affiliation with Health Journeys. Thank you

Reviewed by Donna
Self-Directed Brain Change
Rewire Your Neural Pathways for Happiness and Resilience
by Rick Hanson, PhD
Rick brings a combination of clear, user-friendly lecture and strategic guided exercises to offer a step-by-step program in rewiring the brain, away from a survival-based focus on the negative, and into a sense of greater well-being, mental clarity, and moment-to-moment appreciation. His pleasant voice, clarity of ideas and surefooted guidance helps you deepen your daily experience of love, gratitude and contentment. (5 hours)
#2775  4 CDs $29.95

Guided Self-Hypnosis to Help Release Old Habits
Creating Positive Change
by Traci Stein, PhD, MPH
This powerfully effective program is perfectly designed to help change bad habits, such as nail biting, mindless eating and smoking, and create positive change, by combining skillfully crafted hypnotic suggestions with guided imagery. It draws upon mindfulness meditation, cognitive-behavioral therapy, and a comprehensive understanding of the social science research on how to change bad habits, attitudes and behavior. (74 min.)
#2215 CD $17.98
#7215 MP3 (website) $11.98

Guided Self-Hypnosis to Help Free Yourself from Procrastination
by Traci Stein, PhD, MPH
Traci Stein’s well researched narrative is designed to put the most effective and unencumbered parts of the self in the driver’s seat, so listeners can deploy the best strategies for getting things done.
There are two hypnotic guided imagery tracks, plus a track of affirmations. Regular use can help listeners break large goals into discrete, manageable tasks; sharpen focus and concentration; clearly visualize completed goals; increase feelings of confidence; and form healthy, well-timed work habits. (74 min.)
#2212 CD $17.98
#7212 MP3 (website) $11.98

A Guided Meditation to Help with Concentration, Focus & Learning (Including ADD, ADHD & LD)
by Belleruth Naparstek
This carefully researched audio program is designed to help marshal the coherent, focused energy needed to reach an intended goal; increase the ability to concentrate and complete tasks; ramp up organized planning for greater efficiency and effectiveness; boost capacity for patience, calm and inner quiet; and enhance self-esteem and feelings of mastery. (47 min.)
#2161 CD $17.98
#7161 MP3 (website) $11.98

Keys to Your Highest Potential
by Martha Howard, MD
Martha Howard uses her own beautiful voice scored to music she’s composed herself, to produce a powerful combo of hypnosis, imagery and affirmations on this superb CD. The imagery removes self-imposed blocks to success and builds on native capacity in an effective, artful way. (25 min.)
#2317 CD $15.00
#7317 MP3 (website) $11.98

New! Staff Favorite!
Listen to a sample on our website and see for yourself why this program for changing bad habits is recommended by word of mouth and by professionals alike, nationwide.

Call 1.800.800.8661 or visit healthjourneys.com
The Sleep Fairy
by Lisa Malkiewicz

Created by a mom at her wits’ end, this delightful, expertly produced CD is responsible for the deep snoozing of countless insomniac toddlers and kiddies – not to mention their relieved and happy parents. The Sleep Fairy offers progressive relaxation, remembering positive events of the day, guided imagery, happy dream suggestions and positive affirmations for ages 2-7. (30 min.)

#2388 CD $14.95
#7388 MP3 (website) $11.98

Kids’ Mastery and Control Kit

This pack offers potent tools to help kids learn to manage strong impulses and emotions (like anger, disappointment or frustration), and master focus and confidence. Melissa Dormoy’s Relaxed & In Control uses guided meditation to give kids the power to handle outsized feelings and make good choices. Tami Peckham’s I Am the Sky! offers a clinically based healing story, complete with metaphors, that help kids relate, integrate and cope with life’s curve balls. Melissa’s Calm and Clarity helps with concentration, channeling extra energy, transforming negative self-talk and boosting self-esteem - making it popular among many parents and teachers, and a big hit with kids. Get this win-win combo with a $12 discount!

#9627 Pack $44.89 $32.95

Complete Set of 9 Titles

#9310 9 CD Set $152.55 $135.95

Save Over $16!

Good Night (Sleep Well - 34 min.)
#2303 CD $16.95
#7303 MP3 (website) $11.98

Energy and Me (Relaxation - 34 min.)
#2302 CD $16.95
#7302 MP3 (website) $11.98

The Healing Heart (Comfort – 34 min.)
#2304 CD $16.95
#7304 MP3 (website) $11.98

The Way of the Leaf (Acceptance – 60 min.)
#2308 CD $16.95
#7308 MP3 (website) $11.98

From a Grain of Sand (Flexibility – 58 min.)
#2310 CD $16.95
#7310 MP3 (website) $11.98

The Star Within (Self-Esteem – 34 min.)
#2305 CD $16.95
#7305 MP3 (website) $11.98

Wanka the Caring Elephant (Kindness – 67 min.)
#2306 CD $16.95
#7306 MP3 (website) $11.98

The Way of the Bear (Harmony – 64 min.)
#2309 CD $16.95
#7309 MP3 (website) $11.98

The Magic Seed (Courage – 47 min.)
#2307 CD $16.95
#7307 MP3 (website) $11.98

Roxanne Daleo’s MindWorks (Ages 4-9)

Kids are naturals at guided imagery, and Dr. Rox is the perfect guide for the younger end of the elementary school set. Her enchanting audios have imagery, rhyme, music and a spontaneous, playful quality that belies the sophisticated psychology behind them.
Magic Island
Relaxation for Kids
by Betty Mehling
Kids plug into their own resourcefulness with this delightful imagery for ages 5-12. Designed to relieve stress and enhance feelings of control and well-being, this audio cuts down the need for sedatives during MRIs at Denver Children’s Hospital. Music by Max Highstein, narrated by Radha Delamarter. (51 min.)

#2301 CD $16.95
#7301 MP3 (website) $11.98

I Am the Sky!
Empowerment through Hypnosis
by Tami Peckham LCSW
I Am the Sky! is ingeniously designed to help kids with emotions that seem outsized and overwhelming – a brilliant gem of an audio program by the gifted clinician, Tami Peckham, who artfully creates a hypnotic healing story to address feelings metaphorically. It’s clinically sophisticated, but powerfully appealing too. This will help a lot of kids and teens, and their parents, too. (29 min.)

#2715 CD $14.99

Relaxed & In Control
Guiding My Emotions for Good Self-Control
by Mellisa Dormoy
The two guided meditations on this recording are designed to help grade school aged kids with their anger, impulses and big feelings, providing more choices and better self-control. This won’t be for every kid. But it will hit the sweet spot of many. (48 min.)

#2745 CD $14.95
#7745 MP3 (website) $11.98

“...2 years ago. She was having difficulty quieting her active mind at bedtime. At age 7 she began listening to this CD occasionally. Her frequency of listening grew more regular and after about 6 weeks she was listening to the CD nightly. She has listened to it nightly for almost 2 years now. She is so comforted by the soothing and nurturing imagery of this magical journey in a hot air balloon to the magic island. Thank you so much for making this wonderful CD available. It has changed her sleep to a more restful and restorative experience in a safe and peaceful manner.”
Reviewed by JK

Call 1.800.800.8661 or visit healthjourneys.com

Calm and Clarity
Guided Meditations for ADHD, Hyperactive or Busy Kids
by Mellisa Dormoy
The two guided meditations on this recording are well designed for a wide range of younger, grade school aged kids, from those who could use a little help with focus and confidence, all the way to those struggling with ADD or ADHD. Designed to help with concentration, channeling extra energy, transforming negative self-talk and boosting self-esteem, Mellisa Dormoy’s pleasing voice and savvy narrative make for a popular choice by many parents, teachers and kids. (35 min.)

#2740 CD $14.95
#7740 MP3 (website) $11.98
**For Children**

**Good Morning Yoga**  
A Pose-by-Pose Wake Up Story (for kids)  
by Mariam Gates

Having nailed the perfect nighttime ritual for parents and kids to enjoy as they prepare for sleep together, the team of Gates and Hinder have reprinted their enchanting brilliance with a similar way to start the day, saluting the morning with Gates’ simple instruction, phrased as memorable rhymes, and Hinder’s playful, clear illustrations of a very diverse bunch of kids. It takes just the right amount of time – brief but effective. There is also a guided imagery narrative for parents to read to their kids. Another perfect gift or gift set with both books together.

#4500 Book $17.95

**Good Night Yoga**  
A Pose-by-Pose Bedtime Story (for kids)  
by Mariam Gates

This beautifully illustrated, charming bedtime storybook for younger kids, by the gifted founder of Kid Power Yoga, incorporates eleven simple yoga poses into its rhymed poem about the natural world coming to rest at day’s end. It becomes the perfect nightly practice for parents and kids to enjoy together as they get ready for sleep. The stretches, enchantingly illustrated, and the pleasing rhymes, destined for quick memorization, lend themselves perfectly to creating a satisfying nightly ritual for kids. This makes for a perfect gift for parents and kids alike.

#4300 Book $17.95

**Meditations for Teens**

**Mindfulness Meditations for Teens**  
by Bodhipaksa

Bodhipaksa is always terrific, but he seems to be especially in his element on this CD, talking with teenage kids. His wonderfully clear, cogent explanation of mindfulness is followed by seven different exercises that run from 5 to 15 minutes – exceptional gems. Listening as Mindfulness Practice; Eye-Max, a Quick Way to Relax; Go with the Flow; Rewind & Be Kind; One Thing at a Time, all are powerful, kid-friendly examples of his powerful approach. (72 min.)

#2590 CD $14.95  
#7590 MP3 $9.99

**Shambala Stress Management for Teens**  
by Mellisa Dormoy

These relaxing, empowering meditations target the general stress that teenagers face, with special emphasis on test anxiety, anger and forgiveness, accessing inner strength and maintaining a realistically positive state of mind. The affirmations are terrific too. This woman knows teenage kids, and she sets just the right tone. For age 11 and up. (65 min.)

#2475 CD $14.95  
#7475 MP3 (website) $11.98
Guided Imagery for Women with Pelvic Pain, Interstitial Cystitis or Vulvodynia
by Donna Carrico

CD 1: Guided Imagery for Relaxation in Women with Pelvic Pain or Interstitial Cystitis
Donna Carrico, a nurse practitioner at Beaumont Hospital in Royal Oak, Michigan, has created some much requested imagery for pelvic pain and/or interstitial cystitis. The imagery is simple but solid and targeted, focused mainly on healing the bladder, relaxing the pelvic-floor muscles, quieting the nerves specifically involved in IC, and evoking feelings of safety and support. This imagery performed well in a randomized study with women with interstitial cystitis. (50 min.)

CD 2: Guided Imagery to Enhance Healing for Women with Pelvic Pain, Interstitial Cystitis or Vulvodynia
Donna Carrico’s simple, appropriate imagery focuses mainly on relaxing the muscles of the pelvic floor, healing the bladder, quieting the nerves specifically involved in IC, while evoking feelings of safety and support. (43 min.)

#2393 2 CDs $30.00

“"This guided meditation uses images of a circle of supportive women (you can fill in the blanks) who have already crossed this menopause threshold, who are there to assist and guide me. I find this very comforting. Other relaxing images are very empowering and address some of the more aggravating symptoms. I’ve definitely felt a difference in the extent of my hot flashes, and my other problems with a delicate gut have also improved. I’m surprised and delighted.”

Reviewed by Ellen M.

Mastering Menopause
by Belleruth Naparstek
This is imagery to support this naturally powerful time in a woman’s life. It helps to harness liberated energy and creativity; balance mood; reinforce self-esteem and confidence; encourage restful sleep; and redefine any distorted notions about beauty and aging. Research shows that imagery can reduce the intensity and duration of hot flashes. (60 min.)

#2128 CD $17.98
#7128 MP3 (website) $11.98
**Help with Fertility**

by Belleruth Naparstek

We get great feedback and many birth announcements from this popular CD set. Four exercises address a full range of issues and goals. The program reinforces self-esteem and relaxes mind and body with imagery to envision successful fertilization, inside or outside the body; calming, restorative affirmations; imagery to help with the ups and downs of daunting medical procedures; and imagery to assist with grief, resolution and reclaiming one’s life. (75 min.)

#2125 2 CDs  $19.98  
#7125 MP3 (website)  $13.98

“I totally recommend this. I had no idea how frequently negative thoughts were going through my mind during this process until I started using the guided imagery & affirmations. It has become a valuable tool to help me relax & stay in control.”

Reviewed by Julie

**Healthy Pregnancy & Successful Childbirth**

by Belleruth Naparstek

One of Belleruth’s favorite titles, the pregnancy imagery inspires confidence and gratitude for the body; feelings of safety, relaxation, protection and support; sets the stage for labor and connection with the baby. The childbirth imagery eases discomfort, focuses breathing, increases trust in the body’s wisdom and the miraculous birth process. (120 min.)

#2123 2 CDs  $19.98  
#7123 MP3 (website)  $13.98

“I loved this! I also had a history of miscarriages, and this really helped relieve my anxiety and help me prepare for birth. I ended up with pre-eclampsia, and these cdfs helped me to stay calm during labor. I even managed to have a pain med-free birth despite being confined to my bed (notice I did not say pain-free!). Not the natural birth I had envisioned, but beautiful. And the nurses asked me what I was listening to I was so calm.”

Reviewed by Marie

**Other Titles Related to Fertility, Pregnancy & Childbirth available at healthjourneys.com**

- IVF and IUI Mind-Body Program by Joanne Verkuilen
- PCOS Program for Health by Joanne Verkuilen
- Meditations for a Fertile Soul by Jennifer Bloome with Randine Lewis
- In-Vitro Fertilization by Jennifer Bloome
Relationships & Sexual Intimacy

Successful Relationships
by Belleruth Naparstek
As an old-time couple’s and family therapist, Belleruth wanted to design imagery to help people explore their relationship issues non-judgmentally, promote empathy for the other person, release old grief, and open their hearts to touch their capacity for unconditional love. The final exercise can be done in pairs. These meditations can be used for any relationship, not just a romantic one. (68 min.)

#2134  2 CDs  $19.98
#7134  MP3 (website)  $13.98

Preparing for a Satisfying Love Relationship
by Shirley McNeal
Preparing for a Satisfying Love Relationship readies the heart for a new way of connecting, by gently encouraging the listener to examine old habits and choices, and open up to new ways of looking and being. (25 min.)

#7805 MP3 (website)  $11.98

Finding a Satisfying Love Relationship
by Shirley McNeal
Finding a Satisfying Love Relationship helps the listener explore all the issues, triggers and booby traps that can arise when searching for a loving partner, encouraging healthier, more satisfying choices going forward. (23 min.)

#7810 MP3 (website)  $11.98

Maintaining a Satisfying Love Relationship
by Shirley McNeal
Maintaining a Satisfying Love Relationship helps the listener explore all the areas that can interfere with maintaining a healthy, vibrant, loving relationship over time, reinforcing the idea of success where in the past there may have been roadblocks. (21 min.)

#7815 MP3 (website)  $11.98
Mindful Meditation Mix
by Belleruth Naparstek, Traci Stein and Steven Mark Kohn

This sampler of brief mindfulness meditations is a chance to try different approaches for developing the powerful practice of intentional awareness. Track 1 is a simple, 9-minute mindful breathing meditation by Belleruth; Track 2 is her 10-minute body awareness meditation; Track 3 is Traci Stein’s masterful, 8-minute guided mindfulness meditation; Track 4 continues with Steve Kohn’s exquisite, immersive Meditative Reflections music; and Track 5 is Belleruth’s Mindful Walking Meditation. Give these experiences a try and watch your senses grow more alive, your mind more alert, your concentration stronger, your life richer and your heart more peaceful.

#2162  CD  $17.98
#7162  MP3 (website)  $11.98

Guided Mindfulness Meditation
by Jon Kabat-Zinn, PhD

As always, this knowledgeable master of mindfulness provides impeccable guidance and depth, as he models presence, being in the moment, accepting things as they are and then letting them go, with his fluid, mellow voice, timing and skill. (165 min.)

#2387  4 CD Set  $29.95

Meditation and Breathwork train us to focus our minds on something very specific and narrow, and thus help us clear the decks of thought-clutter. Mindfulness meditation has us continuously observe and release our thoughts, our breath, our sensations and our feelings, in order to provide us with healthy detachment from our own reactions and an astonishing ability to handle stress. Other kinds of meditation have us focus on counting our breaths or repeating a simple phrase (mantra) or watching a flame or even a spot on the wall. For people who like quiet and stillness, or who have trouble imagining things, meditation is preferable to imagery. But, unlike imagery, it takes discipline and practice to use it effectively. Research shows that meditation is highly effective, too.

Mindfulness Meditations
by Traci Stein, PhD, MPH

Mindfulness meditation provides multiple benefits for mind, body and spirit, and Traci’s brilliant, psychologically informed version combines the best of classic practice, guided imagery and hypnotic suggestion, so you can easily develop and maintain this practice. Repeated listening enhances focus, allows us to perceive challenging thoughts and feelings from a place of healthy detachment, and fosters feelings of calm well being. An additional track of affirmations further promotes centeredness and awareness of the gift of the present.

#2235  CD  $17.98
#7235  MP3 (website)  $11.98
Mindfulness Meditation
Nine Guided Practices to Awaken Presence and Open Your Heart
by Tara Brach, PhD
By training our attention in awareness, we decrease stress, cultivate inner calm, and expand our wisdom and creativity. Clinical psychologist, mindfulness-based psychotherapist and gifted meditation teacher Tara Brach offers nine of her most effective guided sessions, perfect for beginning or deepening a mindfulness practice. There is a short, basic exercise for daily use; a meditation to cultivate a forgiving and caring heart; a practice to address fear; a guided exercise to release pain and physical suffering; a practice to align with inner wisdom; and much more – a first rate collection. (2 hours 32 min.)
#2770  2 CDs  $19.95

Guided Mindfulness Meditations
Practicing Presence and Finding Peace
by Julie Lusk, M.Ed
Julie eases your way into being more mindful, with her clear guidance and joyful approach. The net effect is calmer nerves, a brighter outlook, stronger memory, sharper focus and more balanced perspective. Repeated listening trains you to become more fully attentive to what is happening right now, neither resisting nor clinging to each moment, but letting experiences come and go and be just as they are. Julie’s program offers a basic training track as well as a long and a short mindfulness experience, along with tips for for being mindful informally throughout the day. Mindfulness is not just a technique, but a way of living.
#2614  CD  $17.98
#7614  MP3 (website)  $11.98

Meditation for Beginners
by Jack Kornfield, PhD
We love this simple, clear, wise and compassionate guidance for beginners wanting to learn mindfulness. Jack Kornfield offers easy-to-follow meditations and the basic scoop on posture, breathing, managing distraction and much more in his unique, gentle but masterful way. (DVD 90 min., 2 CD set 150 min.)
#6320  DVD/15-pg. guide  $19.95
#2320  2 CD Set  $19.95

Meditations for Emotional Healing
by Tara Brach, PhD
This elegant CD set by gifted meditation teacher Tara Brach applies the principles of heart-based mindfulness meditation (compassion, clarity, awareness) to all those pesky issues around dealing with strong emotions, such as anger, fear, shame and jealousy. She provides a transformative array of impeccable practices and insights for gaining greater self-acceptance and emotional maturity. In words and tone, she brings to mind the kindness and clarity of a Jack Kornfield – only prettier! (2 hours 25 min.)
#2392  2 CDs  $19.95
Guided Meditation

Sacred Pause
Guided Meditations for Renewing Mind, Body & Soul
by Karen Sothers, MEd

This gem of a CD, initially made for The Scripps Center for Integrative Medicine, offers five different kinds of highly effective, easy-to-follow meditations. Relaxation expert Karen Sothers merges voice, presence, expertise and charisma on this superb sampler, to provide organic guidance in the most popular, accessible ways to meditate. (67 min.)

#2357 CD  $19.95

Meditation for Optimum Health
by Andrew Weil, MD and Jon Kabat-Zinn, PhD

This is a clear, cogent, step-by-step guide to simple forms of meditation by two of our favorite practitioner-teachers (and just about everyone else’s too). Between Andy’s huge grasp of the benefits of conscious breathing, and Jon’s ground breaking work on the power of mindfulness, there’s extraordinary teaching here. (150 min.)

#2324  2 CDs  $24.95

Self-Compassion Meditations
by Traci Stein, PhD, MPH

The practice of self-compassion helps us cultivate a more respectful, patient, and loving relationship, with ourselves and others. Soothing but powerful hypnotic imagery and affirmations give us the perspective of the loving observer and wise guide, to help us release self-criticism and foster feelings of self-kindness. There is also a track to use during sleep. Regular listening reminds us that we are far more than our challenges or self-judgments.

#2230  CD  $17.98
#7230  MP3 (website)  $11.98

Power of Presence
by Julie Lusk

These meditations feature the lovely voice, appealing personality and compelling technique of master practitioner Julie Lusk, offering guided exercises to increase relaxation, balance, clarity, grounding, and energy, while cultivating the positive. The tracks are brief, accessible and user-friendly, just like all of Julie’s beautiful work. (46 min.)

#2720  CD  $12.99
#7720  MP3 (website)  $11.98
Yoga Nidra
Guided Meditations for Relaxation & Renewal
by Julie Lusk, MEd

Julie explains how Yoga Nidra is a powerful and unique state of relaxation, mental clarity and insight awareness, and then provides her easy, clear, step-by-step guidance for getting there, stage by stage, through breathing techniques, guided imagery and mindfulness. The net result is discovering an inner reservoir of deep peace, intuitive understanding and unconditional joy. Julie says one hour of this practice is the equivalent of about four hours of deep, replenishing, restorative sleep.

#2612 CD $17.98
#7612 MP3 (website) $11.98

Guided Meditations for Busy People
by Bodhipaksa

These nine guided exercises average about 8 minutes apiece and they are all wonderful in their brief, targeted way. Impeccable Buddhist teachings! (74 min.)

#2446 CD $14.95
#7446 MP3 $9.99

Guided Meditations for Stress Reduction
by Bodhipaksa

This is Buddhist teaching and practice at its all time best – simple, straightforward, appealing and profound. There is so much kindness and acceptance in this man’s strong, gentle voice that listeners cannot help but be riveted by his impeccable teaching. (60 min.)

#2431 CD $14.95
#7431 MP3 $9.99

A.M. Yoga Meditations
Guided Meditations to Start Your Day with Calm, Clarity and Vitality
by Gael Chiarella

These four 15-minute meditations are beautifully rendered, presenting sophisticated concepts from yoga and Buddhist practice, with elegant, pleasing language, simplicity and clarity. Her lovely, rich guided narratives will help you create a positive day from your first wake-up stretch and yawn. (60 min.)

#2358 CD $11.98

P.M. Yoga Meditations
Guided Meditations for an Evening of Relaxation & Restful Sleep
by Gael Chiarella

This is a wonderful program containing four 15-minute, insightful, nourishing, cleansing, evening guided meditations that invite you to let go of the day’s stress and prepare for deep, restful sleep. (60 min.)

#2359 CD $11.98

Visit Our Website for More on Meditation and Guided Imagery.
Aromatherapy

100% Pure Essential Lavender Oil

Lavender has long been known for its relaxing, soothing and uplifting properties. This delightful oil can be used in baths, room sprays, or when you just need a moment of calm.

#5600 .5 fl oz $12.29

Sombra Natural Pain Relieving Gels

We’re all crazy about Sombra pain relieving gels, ever since Dr. Martha Howard gave some to BR as a gift to help relieve an aching, injured hip. How something so topical can go to work so deeply inside the body is a mystery, but one we’re happy to live with. It’s carefully made of all natural, herbal ingredients, and free of grease and unhealthy solvents. It goes on easily, feels great almost immediately, smells yummy and won’t stain your clothes.

The warm gel is best for chronic pain – arthritis, bursitis, fibromyalgia – and for restoring range of motion and circulation. It’s also great for pre-exercise loosening up. The cool variety is for acute pain, swelling and inflammation, just as a cold-pack would be – and is also great for post-exercise aches and pains.

#5525 3 oz. Roll On Warm Therapy $12.95
#5508 4 oz. Jar Warm Therapy $11.00
#5538 3 oz. Roll On Cool Therapy $12.95
#5635 4 oz. Jar Cool Therapy $11.00

Faith-Based Imagery

Tranquilities Imagery

CDs & Aromatherapy Oils for Stress, Cancer and Grief

by Rev. Donna Shenk and Robert Miller, N.D.

Each of these titles includes five superbly crafted, theme-based CDs (Restoration, Courage, Release, Value & Serenity), with authentic aromatherapy oils as part of the experience. Of course, there’s an exquisite section of scripture at the heart of each narrative, usually from Psalms, and the soft, background music is taken from some of our more beloved and popular Christian hymns. Ideal for someone seeking open-hearted, Bible-based imagery. (4½ hours)

#2440 For Persons Experiencing Stress $49.95
#2407 For Persons Experiencing Cancer $49.95
#2418 For Persons Experiencing Grief $49.95
Sinus Therapy
BREATHE is a blend of 12 essential oils, selected for their antibacterial, antifungal and antiviral properties. A potent combination of eucalyptus, globulus, peppermint, spearmint, tea tree, lavender, rosemary, frankincense, cinnamon, clove, wild marjoram, ginger, benzoin, basil & pine combine to help relieve colds, sinus, asthma and bronchitis, by massaging them into the acupoints Karen suggests.

#5625 Roll-on $12.00

Migraine Relief
RELIEVE is a roll-on oil blend of lavender and peppermint, with a hint of clove, anise and jasmine, that will ease your migraine while soothing, balancing and energizing the rest of you. Just massage these delicate oils into your temples and the nape of your neck and then let them go to work for you, with a migraine pillow (on website, #5768) or without.

#5610 Roll-on $12.00

Inhalation Beads
by Aromafloria

Sleep Ease – Soothing vapors of hops, lavender and valerian will relax and restore you as you ready yourself for calm, restful sleep. Size: .85 oz/24 g

#5512 Inhalation Beads $10.00

HeadAid Relief – A naturally healing blend of tea tree, peppermint and eucalyptus provides instant relief from the stuffiness and headaches associated with colds, flu and stress. Size: 2.5 oz/71 g

#5544 Inhalation Beads $10.00

Sinus Help – When you breathe in these appealing, sinus-opening aromas – eucalyptus, peppermint and lemongrass – you can immediately feel them working together to dissolve all that annoying stuffiness, sinus pressure and even headache pain. Size: 2.5 oz/71 g

#5539 Inhalation Beads $10.00

Essential Oil Roll-ons
by Karen Kowel

Aromatherapy Candles
Sometimes the best accompaniment for a relaxing guided imagery or meditation CD is the scent of a fragrant, hand poured candle. Our all soy wax candles come with cotton coreless wicks for clean burning in a 10 oz. jar.

Lavender – a relaxing floral fragrance to help relieve stress.

#5102 $15.00

Peaceful Mind – a calming combination of chamomile and lemongrass to relieve stress and headaches.

#5103 $15.00

Soothing – relaxing, clean blends of citrus, bergamot, orange, white floral heart of lily, muguet, and piney woods.

#5104 $15.00

Sweet Dreams – a soothing citrus blend of bitter and sweet orange, warmed by a spice blend of cinnamon and a soft touch of vanilla.

#5105 $15.00

Vanilla – the inviting, pleasing, comforting scent of vanilla to calm, soothe and nourish.

#5106 $15.00
**Imagery from Lynne Newman**

### Dancing in the Light

by Lynne Newman

We love Lynne Newman. This Inspiring imagery encourages the release of all that is negative, hurtful and heavy, resulting in the soul’s dance of celebration, gratitude, freedom and joy – an uplifting and cleansing experience. (52 min.)

#2603 CD $17.98  
#7603 MP3 (website) $11.98

### Healing Circle

by Lynne Newman

Lynne’s lyrical imagery marshals the power of the listener’s healing intention, while evoking assistance from divine realms, catalyzing profound gifts of deep healing and love. (52 min.)

#2604 CD $17.98  
#7604 MP3 (website) $11.98

### Tips for using guided imagery:

- Imagery that evokes emotion and sensation has more impact.
- The best times to listen are when waking up and falling asleep.
- Even if you keep falling asleep while listening, you still benefit.
- The more you listen, the less you need.

### Gifts of Presence

by Lynne Newman

Here Lynne takes her listeners on an uplifting journey through their life experiences, where events are reframed, and cherished gifts are found, resulting in a new perspective on all that’s happened. (72 min.)

#2605 CD $17.98  
#7605 MP3 (website) $11.98

### Song of the Soul

by Lynne Newman

Track One of this popular CD is a divinely inspired, lyrical, utterly original and deeply spiritual 30-minute guided meditation of extraordinary beauty and power. Its heartfelt richness and integrity will take you deeper into yourself and illuminate your own, unique inner journey – perfect for trauma survivors, but good for everyone else, too. Track Two allows you to listen to Steve Kohn’s exquisite music all by itself, giving your imagination permission and space to roam on its own. (60 min.)

#2601 CD $17.98  
#7601 MP3 (website) $11.98

### Divine Alchemy

by Lynne Newman

Lynne Newman has really outdone herself with this new, deeply healing meditation for transforming your life, transcending difficulties, connecting with powerful spiritual sources and helping the larger whole of global humanity. A rainbow is the central image that guides and weaves her narrative, serving as the catalyst for empowerment and change. With music by Steve Kohn. (67 min.)

#2607 CD $17.98  
#7607 MP3 (website) $11.98
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Are you a Healthcare or Wellness Professional?

Join our expanding team of Professionals. See page 23 for discounted pricing, special merchandise offers, expedited order processing, as well as information on private labeling our titles.

Many Titles Now Available Through:

Use the QR Code to visit healthjourneys.com.

Focus and Finish Kit

This is a sensational combo for people who are driving themselves a little nuts trying to kick-start sustained effort and focus. The combination of these two audio programs creates a kind of super-functional team, great for a gift or for personal use. Dr. Traci Stein’s Overcoming Procrastination is designed to help procrastinators get past the roadblocks and get started by putting the most effective parts of their brains in the driver’s seat. Pair this with Belleruth’s Concentration, Focus & Learning, which helps listeners marshal the coherent forces necessary to reach an intended goal (also designed to help with ADD/ADHD and LD), and you have a dynamic duo that will help you start the race, sustain your pace and reach the finish line. Terrific for teens and adults alike.

#9661 CD $26.95 $26.95
#7661 MP3 (website) $23.96 $17.95

Slip into Sleep Gift Pack

This ingenious set of multi-sensory sleep-inducers is the perfect gift for your favorite insomniac. Our outrageously popular guided imagery for Healthful Sleep creates heavy lids like little else; the Sweet Dreams Sleep Mask, molded and contoured but light as a feather, keeps out light perfectly; and those Sleep Ease Inhalation Beads are frosting on this snooze cake—scents of hops, lavender and valerian defy anyone to stay awake. (Color of gift bag may vary.)

#9651 Gift Pack $35.93 $25.95

Save $9!

Use the QR Code to visit healthjourneys.com.