



Evidence-Based Guided Meditations that Target
Specific Health & Mental Health Challenges by
Foremost Leaders in the Mind-Body Field

**See back panel for
20% off your order!**

healthjourneys.com



The New App that Defied Our Most Exuberant Expectations!

Some of us had no idea how our new app would fare. Belleruth, who fondly remembers cassettes, wasn't even sure we needed one. But thousands of you quickly and enthusiastically adopted it, and your numbers have multiplied with each passing day.

We are the only mind-body app to target a wide range of health, mental health, and situational challenges. And we do it with unprecedented psychological and physiological sophistication.

It's speedy, intuitive, low-cost, user-friendly, and hugely versatile – a vast and ever growing library of over 250 mix-and-match guided imagery, mindfulness, relaxation, breath work, and meditation audios, by foremost leaders in the field of integrative medicine and mind-body healing.

Best of all, you can download the app and get a free 7 day trial when you subscribe. In Google Play and the App Store, look for "Health Journeys Guided Imagery."

And learn more at healthjourneys.com/app.

*PS! You can get coupons for your clients, patients, students or staff.
PPS! You get access to new releases weeks before they're available to the public.*



"What distinguishes these Health Journeys guided meditations from the more widely available app content? A lot. They are not merely relaxation – they are deeply therapeutic, research-supported, and relieve a range of mental health barriers that interfere with our students' ability to reach their academic goals. I am extremely glad we have them for our students, and so are they."

– Lauren Campana, RN MPH, NP, Student Health Services Coordinator, Columbia College

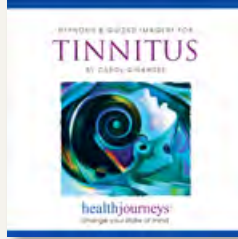
Hot, New Releases!

Tinnitus

by Carol Ginandes, PhD

#2671 CD \$17.98

#7671 MP3 (website) \$11.98

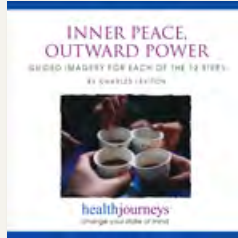


Guided Imagery for Each of the 12 Steps

by Charles D. Leviton, EdD

#2275 CD \$25.98

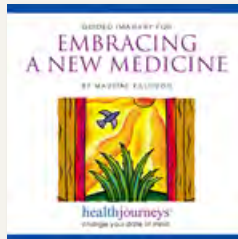
#7275 MP3 (website) \$19.98



Embracing a New Medicine

by Maurine Killough

#7426 MP3 (website) \$11.98

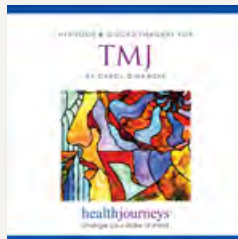


TMJ

by Carol Ginandes, PhD

#2672 CD \$17.98

#7672 MP3 (website) \$11.98

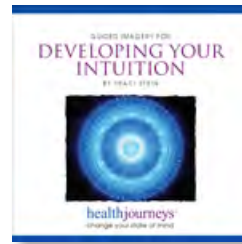
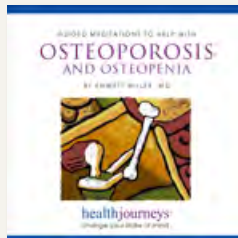


Osteoporosis and Osteopenia

by Emmett Miller, MD

#2674 CD \$17.98

#7674 MP3 (website) \$11.98

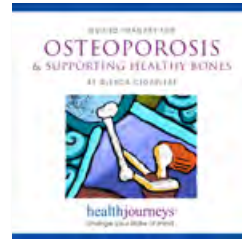


Developing Your Intuition

by Dr. Traci Stein, PhD

#2256 CD \$17.98

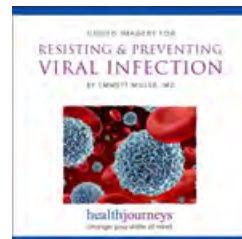
#7256 MP3 (website) \$11.98



Osteoporosis & Supporting Healthy Bones

by Glenda Cedarleaf, MSW

#7675 MP3 (website) \$11.98



Resisting & Preventing Viral Infection

by Emmett Miller, MD

#2202 CD \$17.98

#7202 MP3 (website) \$11.98

The N.O.W. Tone Therapy System Delivers a Deep, Meditative State in 3 Minutes or Less

Unlikely as it sounds, the extraordinary N.O.W. Tone Therapy System delivers the benefits of deep meditation in a matter of 3 minutes or less. Yeah, we didn't believe it either. It does. When the 2 N.O.W. spherical speakers are placed in close proximity to you, their pleasing sounds deliver a focused, centered, coherent calm into your whole body, not just your ears. The instructions are simple: *just listen*.



Who can really use them? People who:

- can't or won't meditate
- think they can't meditate
- want to jumpstart their regular practice
- are pressed for time
- have ADHD
- don't want guidance from a human voice
- don't speak your language
- have to step up to a podium in the next 5 minutes;
- enjoy different ways of accessing their inner peace.

healthjourneys.com/now

Item #3000 N.O.W. Tone Therapy System



What the Heck Is a Playaway?

It's a sturdy, preloaded, hand-held, all-in-one player that comes with earbuds – as simple to use as it gets! Lightweight and portable, they include an LCD screen and large, easy-to-use buttons. Each Playaway has one preloaded title.

They're especially good for older people who could get confused by too many choices, those who are tech-phobic or who have developmental disabilities; or who do better without interruptions from their phones; people heading into surgery; those with TBI, stroke, posttraumatic stress, or neurodegenerative disease; and people who can't resist checking for fresh emails on their phones.

healthjourneys.com/audio-library/Playaways

Who We Are

Founded by psychotherapist and guided imagery pioneer Belleruth Naparstek in 1991, we are the leading producer of state-of-the-art, clinically established, evidence-based guided imagery and meditation audios that target specific health and mental health conditions.

Our accessible, user-friendly, evidence-based audios help your body fight disease, prepare for medical procedures, reduce symptoms & side effects, cope with distress, catalyze peak performance, and reinforce motivation for healthy behavior change.

We partner with organizations and health professionals to provide customizable and cost-effective meditation delivery solutions that improve outcomes for the people they serve.

Visit our website at healthjourneys.com for a complete listing of products, new releases, audio samples, our blog, scads of Q&A, a searchable database of the latest mind-body research, and secure shopping.



Really, we don't care how you listen, as long as you do.

Access our audios via CDs, MP3 downloads, subscription app, customized streaming pages, or Playaways. We'll work with you to find what works best.

"Your audio helped me so much through my back surgery. I had a laminectomy with fusion and listened to you 2 weeks prior. I have to testify to how much it helped me. I think about how much it helped me every day. Such a gift."

- Jeff Black, Singer/Songwriter Nashville, TN

Best Sellers!



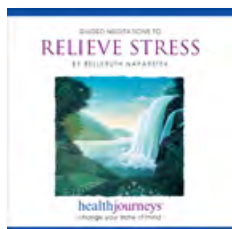
Reducing & Relieving Pain

by Emmett Miller, MD

Shift your awareness and reduce, control, and even overcome the pain signals reaching your brain.

#2670 CD \$17.98

#7670 MP3 (website) \$11.98



Relieve Stress

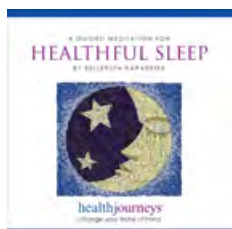
by Belleruth Naparstek, ACSW

Four different mind-body tools to achieve relaxation at will.

#2140 CD \$17.98

#7140 MP3 (website) \$11.98

#2840 PLAYAWAY \$39.99



Healthful Sleep

by Belleruth Naparstek, ACSW

Deep, restorative, natural sleep, without pills or hangovers.

#2121 CD \$17.98

#7121 MP3 (website) \$11.98

#2821 PLAYAWAY \$39.99

Successful Surgery

by Belleruth Naparstek, ACSW

Shown in clinical trials to reduce use of opioids, blood loss and length of stay.

#2142 2 CDs \$19.98

#7142 MP3 (website) \$13.98

#2842 PLAYAWAY \$39.99



Magic Island Relaxation for Kids

by Betty Mehling

Turns worried, frightened kids into adventurers on a balloon ride.

#2301 CD \$17.98

#7301 MP3 (website) \$11.98

#2901 PLAYAWAY \$39.99



Mindfulness Meditations

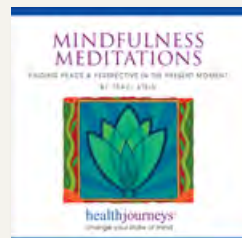
by Dr. Traci Stein, PhD

Find peace, perspective and self-compassion by staying in the present, moment to moment.

#2235 CD \$17.98

#7235 MP3 (website) \$11.98

#2935 PLAYAWAY \$39.99



Mindfulness Meditations for Teens

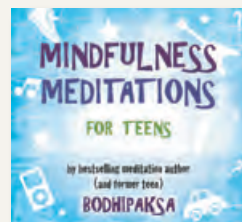
by Bodhipaksa

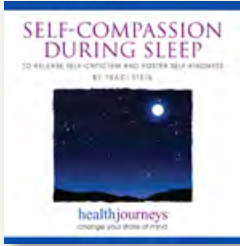
Bodhipaksa is always terrific, but he seems to be especially in his element on this CD, talking with teenage kids.

#2590 CD \$17.98

#7590 MP3 (website) \$11.98

#2990 PLAYAWAY \$39.99



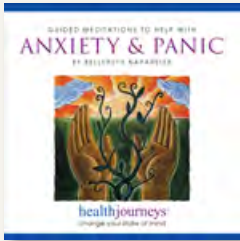


Self-Compassion during Sleep

by Dr. Traci Stein, PhD

Helps you cultivate a more respectful, patient, and loving relationship with yourself.

- #2245 CD \$17.98
- #7245 MP3 (website) \$11.98
- #2945 PLAYAWAY \$39.99

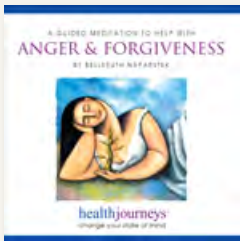


Anxiety & Panic

by Belleruth Naparstek, ACSW

Research-proven tools to reduce and manage anxiety. Head off panic at the very first trigger

- #2149 CD \$17.98
- #7149 MP3 (website) \$11.98
- #2849 PLAYAWAY \$39.99



Anger & Forgiveness

by Belleruth Naparstek, ACSW

Let go of anger metaphorically, without revisiting the injury and hurt.

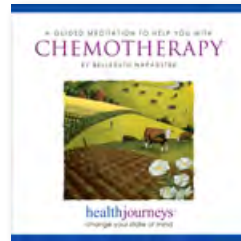
- #2103 CD \$17.98
- #7103 MP3 (website) \$11.98
- #2803 PLAYAWAY \$39.99

Day & Night Healthy Weight & Body Image Set

by Dr. Traci Stein, PhD

Tools for mastering emotional eating or starving, while reinforcing a positive body image

- #9352 CD Pack ~~\$35.96~~ \$26.95
- #7352 MP3 Pack (website) ~~\$23.96~~ \$17.95

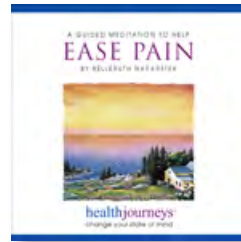


Chemotherapy

by Belleruth Naparstek, ACSW

Boosts the body's cancer fighting ability by highlighting meds' boost to immune function.

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

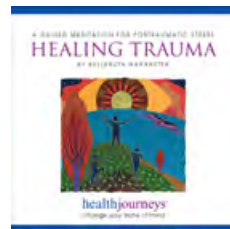


Ease Pain

by Belleruth Naparstek, ACSW

Master two powerful methods for overcoming acute and chronic pain.

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



Healing Trauma

by Belleruth Naparstek, ACSW

Reduced all three symptom clusters of PTSD in veterans after 6-8 weeks of listening.

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

Audio Library

Item#	Title	Playaway	CD	MP3
Wellness & Stress Relief				
2121	Healthful Sleep (Naparstek)	39.99	17.98	11.98
2143	Weight Loss (Naparstek)	39.99	17.98	11.98
2139	Stop Smoking (Naparstek)	39.99	17.98	11.98
2102	Alcohol and Other Drugs (Naparstek)	39.99	17.98	11.98
2116	General Wellness (also available in Spanish) (Naparstek)	39.99	17.98	11.98
2135	Relaxation & Wellness (also available in Hebrew) (Naparstek)	39.99	17.98	11.98
2140	Relieve Stress (Naparstek)	39.99	17.98	11.98
2162	Mindful Meditation Mix (Naparstek, Stein, Kohn)	39.99	17.98	11.98
2158	Guided Imagery Mix (Naparstek)		17.98	11.98
2101	Affirmations (Naparstek)	39.99	17.98	11.98
2215	Creating Positive Change (Stein)		17.98	11.98
2220	Healthy Weight & Body Image (Stein)		17.98	11.98
2225	Healthy Weight & Body Image during Sleep (Stein)		17.98	11.98
2235	Mindfulness Meditations (Stein)	39.99	17.98	11.98
2612	Yoga Nidra – Guided Meditations for Relaxation & Renewal (Lusk)	39.99	17.98	11.98
2128	Mastering Menopause (Naparstek)		17.98	11.98
Mental & Emotional Health				
2149	Anxiety & Panic (Naparstek)	39.99	17.98	11.98
2110	Relieve Depression (Naparstek)	39.99	17.98	11.98
2103	Anger & Forgiveness (Naparstek)	39.99	17.98	11.98
2118	Ease Grief (Naparstek)	39.99	17.98	11.98
2157	Heartbreak, Abandonment & Betrayal (Naparstek)	39.99	17.98	11.98
2153	Caregiver Stress (Naparstek)	39.99	17.98	11.98
2120	Healing Trauma (PTS) (Naparstek)	39.99	17.98	11.98
2145	Three Stages of Healing Trauma (Naparstek)		59.95	40.95
2134	Help for Successful Relationships (Naparstek)		17.98	11.98
2152	Obsessive-Compulsive Disorder (OCD) (Naparstek)		17.98	11.98
2201	Healthy Self-Esteem (Stein)	39.99	17.98	11.98
2205	Healthy Self-Esteem during Sleep (Stein)	39.99	17.98	11.98
2230	Self-Compassion (Stein)	39.99	17.98	11.98
2245	Self-Compassion during Sleep (Stein)	39.99	17.98	11.98
2249	Letting Go of Unhealthy Relationships (Stein)		17.98	11.98
2275	Inner Peace, Outward Power – Guided Imagery for 12 Steps (Leviton)		17.98	11.98
Mastery and Performance				
2138	Self Confidence & Peak Performance (Naparstek)	39.99	17.98	11.98
2161	Concentration, Focus & Learning (Naparstek)	39.99	17.98	11.98
2159	Mind-Body Exercises for Self-Mastery (Military Intro) (Naparstek)	39.99	17.98	11.98
2150	Stress Hardiness Optimization (Naparstek)	39.99	17.98	11.98
2212	Overcome Procrastination (Stein)		17.98	11.98
Mindfulness				
2162	Mindful Meditation Mix (Naparstek, Stein, Kohn)	39.99	17.98	11.98
2235	Mindfulness Meditations (Stein)	39.99	17.98	11.98
2614	Guided Mindfulness Meditations (Lusk)	39.99	17.98	11.98
2415	Guided Meditations for Inner Peace (Bodhipaksa)		17.98	11.98
2470	Guided Meditations for Calmness, Awareness and Love (Bodhipaksa)		14.95	9.95

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Item#	Title	Playaway	CD	MP3
Pain Relief & Medical Procedures				
2142	Successful Surgery (Naparstek)	39.99	19.98	13.98
2136	Relaxed & Awake during Medical Procedures (Naparstek)	39.99	17.98	11.98
2132	Ease Pain (Naparstek)	39.99	17.98	11.98
2113	Hospice & Palliative Care (Naparstek)	39.99	17.98	11.98
2112	Dialysis (Naparstek)	39.99	17.98	11.98
2109	Chemotherapy (Naparstek)	39.99	17.98	11.98
2631	Optimizing Chemotherapy (Miller)		17.98	11.98
2106	Stem Cell Therapy (Naparstek)	39.99	17.98	11.98
2133	Radiation Therapy (Naparstek)	39.99	17.98	11.98
2635	Optimizing Radiation Therapy (Miller)		17.98	11.98
2114	Treatment Related Fatigue (Naparstek)	39.99	17.98	11.98
2123	Healthy Pregnancy & Successful Childbirth (Naparstek)		19.98	13.98
2125	Help with Fertility (Naparstek)		17.98	11.98
2670	Reducing & Relieving Pain (Miller)		17.98	11.98
7426	Embracing a New Medicine (Killough)			11.98

Illnesses & Conditions

2107	Fight Cancer (Naparstek)	39.99	17.98	11.98
2119	Relieve Headaches (Naparstek)	39.99	17.98	11.98
2160	Traumatic Brain Injury (TBI) (Naparstek)	39.99	17.98	11.98
2108	Cardiac ICU & Rehab (Naparstek)	39.99	19.98	13.98
2104	Relieve Asthma (Naparstek)		19.98	13.98
2111	Manage Diabetes (Naparstek)		17.98	11.98
2115	Fibromyalgia & Chronic Fatigue (Naparstek)		17.98	11.98
2126	Irritable Bowel & inflammatory Bowel Disease (Naparstek)		17.98	11.98
2137	Rheumatoid Arthritis & Lupus (Naparstek)		17.98	11.98
2130	Multiple Sclerosis (Naparstek)		17.98	11.98
2155	Reduce & Control Allergies (Naparstek)		17.98	11.98
2606	Relieve Allergy, Reduce Reactivity (Ginandes)		29.98	19.98
2154	Healthy Immune System (Naparstek)		17.98	11.98
2146	Help for Parkinson's Disease (Naparstek)		17.98	11.98
2141	Help for Stroke (Naparstek)		17.98	11.98
2124	Help for HIV (Naparstek)		17.98	11.98
2122	Healthy Heart (Naparstek)		17.98	11.98
2202	Resisting & Preventing Viral Infection (Miller)		17.98	11.98
2674	Osteoporosis (Miller)		17.98	11.98
7602	Rapid Recovery from Injury (Ginandes)			19.98
7675	Osteoporosis & Supporting Healthy Bones (Cedarleaf)			11.98

Music

2131	Music from Health Journeys (Kohn)		17.98	11.98
2144	Inward Journey (Kohn)		17.98	11.98
2151	Meditative Reflections (Kohn)		17.98	11.98

Kids & Teens

2301	Magic Island: Relaxation for Kids (Mehling)	39.99	17.98	11.98
2388	The Sleep Fairy: Guided Relaxation for Children (Malkiewicz)		14.95	11.98
2715	I Am the Sky! (Peckham)		14.99	9.99
2590	Mindfulness Meditations for Teens (Bodhipaksa)	39.99	14.95	11.98
2745	Relaxed & In Control: Guiding My Emotions for Good Self-Control (Dormoy)		14.95	11.98



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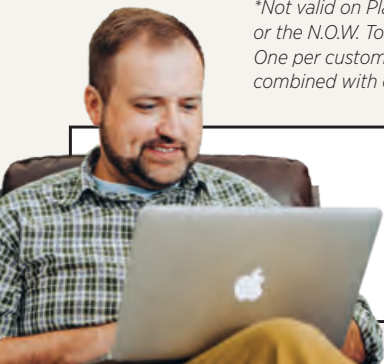
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