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Belleruth Naparstek AM, ACSW, is a clinical social worker, author, and creator of a large library of guided imagery programs that target specific health and mental health challenges. She is known for introducing guided meditation to mainstream health systems and co-founded Health Journeys with George Klein in 1991.

Staying Well With Guided Imagery by Belleruth Naparstek

Using the techniques of imagery, total body wellness can be achieved without prescriptive medicine. With this comprehensive, user-friendly primer, readers will learn just what guided sensory imagery is and how to create powerful images in the mind that direct the body to heal--both emotionally and physically.

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Well-known guided imagery authority and psychotherapist, Naparstek provides a clear guide for using one's imagination for self-healing and health maintenance. She outlines a wide variety of imagery exercises and suggests these not only for general health but also for emotional resiliency and for dealing with common complaints. She provides the reader with ideas for developing specific imagery.

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Staying well with guided imagery User Review - Not Available - Book Verdict. Well-known guided imagery authority and psychotherapist, Naparstek provides a clear guide for using one's imagination for self-healing and health maintenance.

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Psychotherapist, author, speaker and guided imagery pioneer Belleruth Naparstek is the creator of the popular, 59-title, Health Journeys guided imagery audio series. Her first book, *Staying Well with Guided Imagery* (Warner) is a widely used primer on imagery and healing. Her second book, *Your Sixth Sense* (Harper Collins), has been translated into 9 languages. Her latest book on imagery and

What is Guided Imagery? | Health Journeys

What is Guided Imagery - Guided Meditation? Guided imagery (sometimes called guided meditation, visualization, mental rehearsal and guided self-hypnosis) is a gentle but powerful technique that focuses the imagination in proactive, positive ways.

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