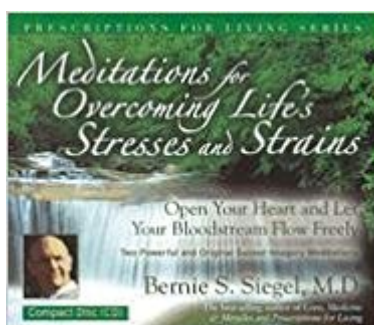


The book was found

Meditations For Overcoming Life's Stresses And Strains (Prescriptions For Living Series)



Synopsis

On this CD, Dr. Bernie Siegel guides you through two individual and empowering meditations, each a combination of guided imagery and auto-hypnosis. These inspiring inner journeys are designed to assist you in dealing with negative thoughts, past hurts, stress, grief, and other conditions that can contribute to your lack of well-being. Bernie's calm, resonant voice gently helps you experience your own unique qualities, as well as your inner and outer beauty.

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~~~~~ It is important that you create

~~~~~ "healing intervals" within your day to receive the maximum benefit from this tape. Through repeated listenings, you will discover that old, outmoded thought patterns will dissipate and be replaced by new thought patterns that will elicit a healthier response from your physical and mental being.

## Book Information

Series: Prescriptions for Living Series

Audio CD

Publisher: Hay House (October 15, 2004)

Language: English

ISBN-10: 1401904106

ISBN-13: 978-1401904104

Product Dimensions: 4.9 x 0.4 x 6.2 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 10 customer reviews

Best Sellers Rank: #866,153 in Books (See Top 100 in Books) #198 in Books > Books on CD > Health, Mind & Body > Meditation #203 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #809 in Books > Books on CD > Health, Mind & Body > Self Help

## Customer Reviews

Bernie S. Siegel, M.D., attended Colgate University and Cornell University Medical College. His surgical training took place at Yale New Haven Hospital and the Children's Hospital of

Pittsburgh. He is the bestselling author of many books including Love, Medicine & Miracles, ISBN: 0060919833; Peace, Love & Healing and Prescriptions for Living, ISBN: 0060917059; and the audio Healing Meditations, ISBN: 1-56170-771-6. Bernie is the president of the American Holistic Medical Association.

Love Dr Siegel's books but did not care for his meditation tape, like Belleruth Naparstek better, but it is a matter of personal taste.

Bernie's voice is indescribably relaxing and assuring. I would recommend any of his guided meditations~

Great CD !!! Very relaxing and imagery .I just love it

Loved this one.

If you are a Bernie Siegel fan, add this CD to your collection!

This was the first Bernie Siegel product I had ordered and I really enjoy listening to it a lot. Very insightful! You won't go wrong making this purchase. He can relax you so much and it really helps with my stress. Recommended!

This is the best CD meditations that Dr. Siegel ever created! \*I listen to this CD to relax and revive and also because it greatly assists me with getting rid of my migraine headaches (which I feel are caused by stress and tiredness and negative thinking)\*. So, this CD has been a healing balm that has greatly helped me to relax and be more positive! When I listen to this CD before going to sleep, it gently relaxes me with the soothing meditations on the CD. Dr. Siegel's gentle and soothing voice really helps me to relax so I can drift off to sleep. To anyone who is thinking about purchasing this CD, I will say, of all of Dr. Bernie Siegel's CD's, THIS IS A MUST TO OWN. It can be played over and over and each time, it will be just the thing to help you! Also, I totally believe that this CD deserves 10 stars, but only 5 stars were available, so I gave this 5 stars!

I like Bernie Siegel's mediation CD's. His voice is very soothing. These meditations are calming and helpful when needing to relax the mind before sleep. I listen to them nightly ( there are 2 separate

meditations on the CD). I also bought the one for peace/relaxation but I like this better. He guides you into listening to your body and the messages we can access within when we are quiet. This one takes you to your heart center and it is about getting in touch with your feelings and healing any old emotions. I really enjoy it.

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