

Guided Imagery Meditation Free

Discover The Power of Meditation And How It Can Work For You To Increase Your Success In Your Personal And Work Life! Meditation looks different for different people, but one thing is for sure: it is quickly gaining popularity in Western culture. It has many professional and personal benefits. While meditation can be a prolonged activity, it doesn't have to take hours of your day. Even a ten or fifteen minute session of meditation can provide some benefits of relaxation. Many people prefer to meditate early in the morning before starting their day to help them start with a positive outlook. Others choose to meditate just before bed to help them relieve anxious thoughts and drift off to sleep peacefully. Now, on to the guide... Here's just some of the things you'll discover inside: Discover the benefits of meditation for business owners and entrepreneurs. Preparing your body and mind for meditation. How to use the right posture when meditating. Meditation exercises you can do right away. The benefits of meditation for personal well-being. How to clear your mind of fears and worries. Deep breathing is the most meditative practice. Here's how to do it. How to use visualization when you meditate. Visualization helps you relax by imagining positive thoughts, feelings, surroundings and more. What are chakras and how can they help you with meditation?

One day Donna Jackson Nakazawa found herself lying on the floor to recover from climbing the stairs. That's when it hit her. She was managing the symptoms of the autoimmune disorders that had plagued her for a decade, but she had lost her joy. As a science journalist, she was curious to know what mind-body strategies might help her. As a wife and mother she was determined to get her life back. Over the course of one year, Nakazawa researches and tests a variety of therapies including meditation, yoga, and acupuncture to find out what works. But the discovery of a little-known branch of research into Adverse Childhood Experiences causes her to have an epiphany about her illness that not only stuns her—it turns her life around. Perfect for readers of Gretchen Rubin's *The Happiness Project*, Nakazawa shares her unexpected discoveries, amazing improvements, and shows readers how they too can find their own last best cure. WINNER OF THE SAN DIEGO BOOK AWARD The second book in the *Imaginations* series, *Imaginations 2: Relaxation Stories and Guided Imagery for Kids* is an essential resource for every parent and teacher who wants to help children learn to calm their bodies and relax their minds. The benefits of relaxation for kids include: *Reduced stress *Better concentration and focus *Enhanced ability to learn *Improved behavior and sleep *Increased self-esteem Learning to relax is important for people of all ages, and children who can relax are more prepared to handle big changes in their lives. Relaxation stories and guided imagery can also help ease symptoms associated with ADD, ADHD, autism, depression, and sleep disorders. Wildly imaginative and beautiful illustrations accompany the whimsical stories of *Imaginations 2*, which teaches children a fun way to relax that makes their minds calm and their bodies feel good. Guided meditations include: Tight and Soft A Fall Day Wintertime Springtime Summertime Rainbow Flower Garden The Thunder Drum The End of the Rainbow Nighttime Animal Adventure Lavender Fields Rainbow Bubbles Butterflies Mandalas Sunset Dinosaur Friend In the Desert Making Chocolate More Loving Kindness

****INCLUDED WITH EACH PURCHASE:** After downloading your copy of the book, follow the instructions at the end to receive a free fourteen minute guided meditation!** Have you ever considered meditating, but didn't follow through because you thought it wasn't for you? Have you ever asked, "What exactly is meditation anyway?" If you've already begun meditating, do you struggle to know when is the best time and how to go about it? Meditation is one of the most misunderstood, yet incredibly beneficial practices out there, and chances are that you have a lot of questions. Whether you're just curious, newly beginning your meditative journey, or already an advanced practitioner, "*The Meditation Transformation: How to Relax and Revitalize Your Body, Your Work, and Your Perspective Today*" is an informative and interesting guide to the basics of meditation from A to Z. Beginning with the all-important "who" and ending with a comprehensive answer to the question "how," this book will answer many of the following questions: Who should meditate? Find out exactly who the perfect candidates for this practice are. Are you one of them? What exactly is meditation? Though it has been performed for thousands of years, meditation is still a misunderstood activity. What qualifies as meditation? When is it appropriate to meditate? What time of day is best? Should you meditate every day? Discover the answers inside the pages of this book. Where should you meditate? Learn what a good atmosphere for meditation really is. Can you really meditate at work? Or is it best to do so at home, and if so, in which room? Why meditate? This is one of the most significant questions of them all, especially because most of its benefits are so little known. Of course, you are aware that it can reduce stress and bring peace of mind, but what about all of the other spectacular health benefits it can provide? And is it true that regular meditation can really improve your focus and your memory? How do you go about meditating? If you've already determined to begin, this is the big question. The various forms of meditation are not one-size-fits-all, so while this book provides you with the basic technique, it also takes you by the hand through several other variations that you can try. Whatever your reasons are, it's never a bad time to start, and by the time you've finished reading this book, you'll be ready to adopt your own meditative practice as a vital part of your daily life. To learn more about the powerful benefits of meditation and experience them for yourself, download your copy of "*The Meditation Transformation: How to Relax and Revitalize Your Body, Your Work, and Your Perspective Today*" now!

"This book is an eye-opener for those who are not interested in the practice of meditation. Dr. Puri's life long journey on spiritual endeavor and his expertise in pharmaceutical sciences provide persuasive and realistic views to daily meditation. Scientific validations in support of meditation are commendable." — (Toshihiko Ezashi, DVM, Ph.D. Senior Scientist, Colorado Center for Reproductive Medicine, Colorado.) "Dr. Puri has written this book to accentuate the importance of meditation. He has done an excellent job in illustrating the significance of meditation in modern life. He has also demystified any doubts, inhibition or myth people may have about meditation. This book is a compassionate gift to

all who read it.” — (Linda Castillon, Transcendental Meditation Teacher, St. Louis, & Cape Girardeau, MO). “I got the opportunity of going through the manuscript of Meditation over Medication. I am a ravenous reader and sincerely enjoyed reading it. A highly informative book. Dr Puri has given a clear look into the mind and body and the benefits of Meditation including its pits and falls by combining his knowledge of science and spirituality. A manual to assist the reader towards better health and happiness. Bravo.” — (Cynthia Neff, Regional Sales Director, Holiday Inn & Suites, Columbia, MO). “Well-researched and understandable even by those unfamiliar with the subject. I highly recommend this book to anyone seeking more information on the benefits and side-effects of meditation.” — (Elizabeth Davis, News Paper Columnist and Free Lance Editor, Booneville, MO).

Consists of a description of a multitude of imagery techniques that have been grouped into four categories: hypno-behavioral, cognitive-behavioral, psychodynamic/humanistic and humanistic/transpersonal.

Stress is a constant in our lives - such a constant that we actually don't realize we are under stress, we think it's "just part of life." Health surveys report that over 70% of people feel stress everyday. Some stress is helpful, but most stress is destructive; it can age you and it can kill you. The focus of this book is STRESS OUT, not Stressed-out. Stressed-out is a condition you may be experiencing; Stress Out is a solution, a command to tell stress who's the boss. This book provides quick tips, recommendations and techniques that can assist you in having a more healthy relationship with stress.

Discover The Power of Meditation And How It Can Work For You To Increase Your Success In Your Personal And Work Life. Use These Steps To Practice Meditation In Your Life And Business. While meditation can be a prolonged activity, it doesn't have to take hours of your day. Even a ten or fifteen minute session of meditation can provide some benefits of relaxation.

For yoga to be used safely as medicine and to meet the needs of today's society, yoga postures should evolve by embracing the current evidence base. Medical Therapeutic Yoga provides this evolution. * This book serves as a modern, non-dogmatic, evidence-based guide to yoga posture and breath prescription based on the most current biomechanical and neurophysiological theory and common mechanisms of injury. * Medical Therapeutic Yoga covers injury prevention and wellness, clinical evaluation and diagnosis, treatment and rehabilitation, and organizational and professional health and well-being. * The book applies yoga as medicine for physical therapy, occupational therapy, athletic training, sports medicine, pain management, and physical and rehabilitative medicine. * Evolution of the postures and breath techniques, via the evidence-based precepts presented in the book, will provide a patient-centered biopsychosocial model of assessment through the lens of integrative medicine and orthopaedics. * Medical Therapeutic Yoga brings a large body of work, known as medical therapeutic yoga, to health care professionals, making provision for safe and relevant application of yoga postures as medicine. * The book is accompanied by an online reference of photographic sequences for medical yoga program planning and prescription. This book will be invaluable for health care professionals, yoga therapists, and yoga teachers, including but not limited to: * physical therapy and manual therapy * chiropractic * osteopathy and orthopaedics * physical and rehabilitative medicine * occupational therapy * athletic training * massage therapy

It's not just big choices that can radically change our lives—sometimes it's the small ones. Activating Happiness offers powerful, evidence-based strategies to help you conquer low motivation, nix negative moods, and defeat depression by actively making positive choices in small, everyday moments. If you have depression or just suffer from low mood and lack of motivation, you know that your life isn't going to change with one grand, sweeping gesture. But you can make important decisions every day—whether it's getting off the couch and going for a walk, signing up for a course in pottery or screenwriting, or just setting aside some time to meet and chat with a good friend over coffee. These little things won't change your life all at once. But over time, they will shape the way you live and see the world and keep you on a path to wellness. In Activating Happiness, you'll find solid strategies based in behavioral activation and acceptance and commitment therapy (ACT) to help you break the cycle of avoidance, guilt, shame, and hopelessness that can take hold when you're feeling your lowest. Using this guide, you'll find little, doable ways to “show up” to your life, get the ball rolling, and start really feeling better, instead of just reassuring others. You'll learn to set healthy goals for your body like eating and sleeping well, as well as healthy goals for your mind. Most importantly, you'll discover how to view your life through the lens of your own deepest values, which will spark a commitment to real, lasting change. The best thing about change is that you can start anywhere. By building a life—moment by moment—of rewarding behaviors that correspond to your values, you have the recipe for getting and staying well at your fingertips. This book will guide your way.

Author Christopher "Chase" Carey, MBA, comes from high levels of the corporate world. Having also followed a path of deep immersion in the world of complementary and alternative healing, he has first-hand experience of how meditation can reduce stress, increase memory and problem-solving capacity, and lead to major improvements in a person's professional and private life. A certified meditation instructor with a series of personally developed meditation systems, Carey now shares his vast knowledge in "Chasin' Meditation," an easy-to-read guide that can help you gain the most out of the science of meditation. In "Chasin' Meditation," you will learn how meditation brings you back to your original architecture and discover the difference between passive and active meditation. You will be instructed in different types of guided imagery meditation, as well as in the Stress Domino system of meditative stress release. And, most importantly, you will realize the power of meditative dialogue with your Inner Essences. Whether you have a little or a lot of meditation experience, "Chasin' Meditation" provides you with new methods and deeper insights that will increase the effectiveness of your meditation-with remarkable results.

ATTENTION: This is a double book bundle, 2 complete book manuscripts for a low price (+ Extra bonus inside!) Included in this Buddhism bundle are the following titles: Meditation: Powerful Meditation Transformation in 7 Easy Steps Mindfulness Meditation: Everything You Need to Know About Living in the Present Moment Are you interested in Mindful Living and are you seeking to find Inner Peace? Have you ever considered incorporating Meditation into your everyday life? Or do you simply want to learn about the essentials of practical implementation of Mindful Meditation? If you answered YES to any of the above questions, this Mindfulness Bundle is perfect for you! This bundle was designed as an introductory guide and will present you with practical stepwise systems based on Meditation principles. Anyone is able to implement these principles and systems in their lives, in order to find inner peace and come closer to your spiritual self. If you're interested to learn about positive lifestyle changes and practical application of Mindfulness, you should certainly consider picking up this Bundle. What exactly will I learn from this bundle? The following topics are discussed extensively in the Mindfulness book: Exactly what Mindfulness is and its deeper meaning How to implement 'Living in the Moment' in practice Exactly what Mindful thoughts can do to help you find happiness in your life The secrets behind Mindful

meditation Key exercises to help you with stress-free living Additionally, the Meditation book covers these topics extensively: #1 Setting up your daily meditation ritual #2 Understanding the concepts around Mindfulness #3 How to eliminate ALL distracts when meditating #4 Effective breathing techniques to improve your meditation focus #5 Guided imagery and how to focus on a single point #6 How to find your personally preferred meditation technique that works best for YOU #7 How to improve & perfect your transformative path and reduce your stress levels However, these are just SOME of the topics that are covered in this bundle! Mindfulness is one of the most important concepts of the modern world. This bundle will go over everything you need to know about the purpose of Living in the Now, from Mindful Principles to Techniques, and from Meditation to Reducing Stress and Living Worry-free. The bundle includes useful exercises and guidelines to get that vitality back into your life! Discover the Secrets of Living in the Moment... This bundle will not only give an introduction to Mindfulness, but it will also guide you to implement the principles of Mindful Living everywhere you go. Mindfulness principles can be implemented in many facets of life, ranging from meditation to improving health, as well as reducing daily stress. A complete guidebook from beginner to expert! Interested to learn more about Mindfulness and how to implement Mindful living principles in practice? Scroll to the top of the page and select the ADD TO CART button to start reading immediately! --- Disclaimer: Images within the ebook might look different depending on device used. Please know this before buying! Tags: Inner Peace, Yoga, Worries, Worry free, habits, mindfulness techniques, mindfulness meditation, Buddhism, finding peace in a frantic world, Mindfulness made simple, Mindfulness for dummies, Mindfulness based stress reduction, Present Moment, Anxiety Cure, How to Live in the Moment

Bestselling guided imagery author Max Highstein offers 100 of his best scripts for counselors, healers, clergy, teachers, psychology students and others. Choose from 100 evocative guided inner journeys that soothe, inspire, and delight. Topics include: - Finding Peace and Calm- Healing and the Mind-Body Connection- Improving Sleep- Emotional Wellbeing and Happiness- Visualization for Success- Learning to Meditate- Higher Guidance and Insight- Connecting with Spiritual Figures- Kids and Family- 12-Step Programs

"Anxiety, depression, substance use, conduct disorders, attention-deficit/hyperactivity disorder, and learning disorder are but a subset of problems that youth experience throughout their lives. Chapter 1 presents the school-based practitioner as a first-line interventionist for these difficulties. Framing school-based care within a multi-tiered system of support, Chapter 1 introduces cognitive-behavioral therapy (CBT), an evidence-based intervention with flexible applications for children and adolescents. It acknowledges the complex intersection between CBT, 504 Plans, and individualized education programs (IEPs); discusses the many ways students may receive services under the law (and otherwise); and highlights the details of school-based practice integral to evaluating these plans. Chapter 1 ends with a thorough case presentation complete with background information, interviews, behavior and symptom assessment, CBT session planning, and outcome data"--

Provides information on a variety of techniques, including simple breathing, guided imagery, and yoga, to achieve a deep level of healing relaxation.

Mediation for the Modern LifeSomewhere in Silicon Valley, a group of computer programmers sit silently in a room together, legs crossed and eyes half-closed, listening to the sound of their own breath. Elsewhere, the owner of a small real estate company starts her day by breathing deeply and engaging in yoga poses. Still, elsewhere, a data entry specialist finishes his turkey sandwich and returns to his cubicle, puts on his headphones, and breathes deeply while listening to the sounds of bells and waterfalls. Meditation looks different for different people, but one thing is for sure: it is quickly gaining popularity in Western culture. It has many professional and personal benefits including increased productivity, reduction of stress and depression, and reduction of troubling physical symptoms such as headaches and muscle tension, to name a few. The word "meditation" often elicits images of devout men sitting silently in mystical temples far away. It can seem foreign and certainly something too far removed from daily life to have a practical application for business or even for personal gain. You may have preconceived notions about what meditation entails or cultural or spiritual beliefs which you feel may hinder you from participating in meditation. While meditation does have its roots in several spiritual practices, it is increasingly being recommended by Western medical professionals as research is bringing to light the multiple health benefits of regularly engaging in this form of focused relaxation. The Power of Meditation Regardless if you choose to meditate for spiritual reasons or for physical and mental health, meditation generally consists of the following elements: • A relaxing environment: whether it is in the woods, by the lake, in a studio, or in your living room, mediation usually occurs in an environment that is physically comfortable and free from noisy distractions. Some people choose to sit on a cushion and focus on their breathing in complete silence while others may choose to lay on their beds and listen to relaxing music. • Posture or movement: during mediation, the participant wil generally sit in a specific posture, such as with the legs crossed, spine straight, and hands resting on the knees. Sometimes participants wil lay down or engage in specific movements, such as with yoga or t'ai chi. • Focus: while meditating, the participant wil focus on a number of things from their simple breath, the feeling of energy moving through the body, an object, a value or ideal, or a word or phrase called a mantra. • An open mind: during meditation, the participant allows their mind to let thoughts flow through their mind without judging them. Often times, the meditator will observe the thoughts instead of suppress them and then gently bring their focus back to the intended subject.

Stay on the cutting edge of today's most promising trends in complementary and alternative medical treatments with Dr. David Rakel's Integrative Medicine, 4th Edition. Written by physicians who are experts in both traditional and integrative medicine, this highly regarded, evidence-based reference covers therapies such as botanicals, supplements, mind-body, lifestyle choices, nutrition, exercise, spirituality, and more. Integrative Medicine, 4th Edition uses a clinical, disease-oriented approach, offering practical guidance for reducing costs and improving patient care. Helps you safely and effectively incorporate complementary and alternative therapies into your everyday practice, while focusing on prevention and wellness for a better quality of life. Uses the reliable SORT method (Strength of Recommendation Taxonomy) to provide evidence-based ratings, grading both the evidence and the relative potential harm. Explains how to make the best use of integrative medicine and the mechanisms by which these therapeutic modalities work, keeping you at the forefront of the trend toward integrative health care. Includes 13 brand-new chapters, covering hot topics such as personalized medicine, MTHFR mutation, food allergy and intolerance, the gut-immune influence on systemic inflammation and disease, chelation therapy, testosterone deficiency, adrenal fatigue, and much more. Features more than 100 significantly revised chapters and hundreds of new figures and tables throughout.

We've all heard the statistic: 1 in 8 women will get a breast cancer diagnosis at some point in her lifetime. But there's another just-as-relevant number that isn't as widely broadcast: 76 percent of those women will be alive 10 years later. This guide from

America's most trusted health magazine helps women navigate treatment, medical costs, and lifestyle changes and emerge with their physical and mental health intact. Organized to take readers from diagnosis to survival and all the steps in between, Prevention The Ultimate Guide to Breast Cancer offers relevant information in technical yet accessible language, including: Supplements and recipes that stimulate appetite, ease treatment side effects, promote recovery, and help prevent a recurrence Complementary and alternative treatments and medicine that can be beneficial Real-life advice from women with breast cancer on issues such as processing the emotions that accompany a diagnosis and what to expect as a cancer survivor This guide will help any woman who has been diagnosed feel organized, informed, hopeful, reassured, and focused on becoming well, increasing her chances of landing in that healthy 76 percent.

Dit vuistdikke boek is een compleet gereviseerde herdruk van Handboek meditatie ontspannen. Mindfulness is voor iedereen die zijn beperkingen wil overstijgen en naar een hoger niveau van gezondheid en welbevinden wil groeien. Dit boek laat zien hoe je op meditatie en yoga gebaseerde oefeningen kunt gebruiken om met meer aandacht in het nu te leven. Hierdoor kun je beter omgaan met de stress van alledag. Ontspanning, wijsheid en beheersing worden het uitgangspunt van je leven. `Gezond leven met mindfulness is een lezenswaardig en praktisch boek dat overtuigend laat zien hoe belangrijk meditatie is in ons dagelijks leven.

Thich Nhat Hanh

The Power of Meditation : meditation for beginners

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

Are you feeling stuck? In your relationship? In your physical condition? In your Life? Would you like to remove the obstacles in your path that keep you from experiencing more joy and Love? Shift: A Woman's Guide to Transformation gives you specific practical tools and exercises to assist you in removing the self-sabotaging roadblocks that prevent you from creating the life you choose to live. At the end of each key, the authors provide real-life examples of people who have used their concepts and techniques to transform their lives.

This textbook, written by bestselling author and metaphysicist Dr. Theresa M. Kelly, offers you straightforward, honest explanations of psychical empathy through new research initiatives in parapsychology, psychology, neuroscience, quantum mechanics, and related subjects for a semi-technical audience. Whether you are an intelligent layperson or professional curious about empathy, or looking to discover how to utilize empathy, this textbook will provide a detailed framework, without complicated equations, onto which more advanced concepts can be applied. For students of Empathic Studies, this textbook will be a revelation of what actions and influences you are involved in and exactly how you can take your empathic ability to a completely new level step-by-step. (Includes: Models, Definitions, Descriptions, Techniques, and Therapeutic and Experimental Practical Applications.) A Textbook of the University of Alternative Studies.

Bye Bye SelfSabotage by Tracy Latz & Marion Ross Dr.s Latz and Ross lead you on a wild journey toward your own personal transformation by mindfully applying concepts in neuroscience, quantum physics, and a combination of proven techniques and practices to blast through the obstacles blocking your path. The authors define the shrinks greatest hits (a.k.a. the 12 Keys) - the core issues that create chaos, stress and lack of joy in your relationships, health, career and life. In the opening of the book, Dr. Bernie Siegel, author of Love, Medicine and Miracles, says The lessons to be learned from this book are age-old but re-framed in ways that are easy to incorporate and appropriate to our lifestyle today. They ring true for me. This book gives profound, easy-to-use practices that allow the readers to rapidly transform their lives! Dr.s Latz and Ross are called The Shift Doctors because in this book you will find: The Neuroscience behind Self-Sabotage and why it has been so difficult for you to create lasting change Bulleted, targeted recommendations at the end of each chapter to show the most rapid way to overcome issues that affect your health, emotions, relationships, finances, and career along with real-life examples of how others have shifted their lives using the tools in this book. An intensive personal healing journey allowing you to shift your perception and situation for a jump start in life A reference guide to be consulted one chapter at a time whenever a specific issue or challenge arises and stalls forward momentum in your life. For anyone truly serious about changing any long-established dysfunctional emotional patterns, thoughts or behaviors that have them stuck, Bye Bye Self- Sabotage is the answer!

Learn best practices and evidence-based guidelines for assessing and managing pain! Assessment and Multimodal Management of Pain: An Integrative Approach describes how to provide effective management of pain through the use of multiple medications and techniques, including both pharmacologic and non-pharmacologic treatment regimens. A holistic approach provides an in-depth understanding of pain and includes practical assessment tools along with coverage of opioid and non-opioid analgesics, interventional and herbal approaches to pain, and much more. Written by experts Maureen F. Cooney and Ann Quinlan-Colwell, this reference is a complete, step-by-step guide to contemporary pain assessment and management. Evidence-based, practical guidance helps students learn to plan and implement pain management, and aligns with current guidelines and best practices. Comprehensive information on the pharmacologic management of pain includes nonopioid analgesics, opioid analgesics, and co-analgesics, including dose titration, routes of administration, and prevention of side effects. UNIQUE! Multimodal approach for pain management is explored throughout the book, as it affects assessment, the physiologic experience, and the culturally determined expression, acknowledgement, and management of pain. UNIQUE! Holistic, integrative approach includes thorough coverage of pain management with non-pharmacologic methods. Clinical scenarios are cited to illustrate key points. Equivalent analgesic action for common pain medications provides readers with useful guidance relating to medication selection. Pain-rating scales in over 20 languages are included in the appendix for improved patient/clinician communication and accurate pain assessment. UNIQUE! Authors Maureen F. Cooney and Ann Quinlan-Colwell are two of the foremost authorities in multimodal pain assessment and management. Sample forms, guidelines, protocols, and other hands-on tools are included, and may be reproduced for use in the classroom or clinical setting.

What if you discovered a form of healing that even hinted at relieving some of your toughest physical, emotional and even mental issues? What if this amazing form of healing cost you nothing and didn't create any adverse, complicating side effects? Would you be interested? Oh, yes, and by the way, it costs absolutely nothing. It's called healing meditation and doctors nationwide are embracing this practice as part of the larger movement of integrative therapy. Integrative medicine does more than provide patients with the conventional medical treatments to help "cure" the disease. While it will never totally replace your visits to your doctor, it can help reduce your dependence on some prescription medications. Healing meditations – and they come in many forms – have an amazing effect on quieting your mind and your body. Because of this, they can help reduce the effects on your body and mind. More and more, stress has been cited as a major contributor to a host of diseases, disorders and illnesses including cardiovascular disease, cancer, any pain associated with disorders and much more. Healing meditation has also been recommended as an effective approach to anger management. If you've been battling a disorder and you're feeling as if the traditional therapies aren't as effective as you had hoped – or your healthcare provider has promised – you deserve it to yourself to learn more about healing meditation. It just may change your life for the better.

Bestselling guided imagery author Max Highstein shares indispensable tips and techniques for crafting guided meditations that inspire, uplift, and heal. For counselors, teachers, healers, yoga instructors, clergy anyone who wants to bring excellence to their work. Brimming with clear

instruction on everything from conception to publishing, this book also includes 12 complete guided meditation scripts with notes and analysis. Chapters include:â€¢Writing Your Script â€¢Inductions, Transitions, Main Body, Affirmations, & Endingsâ€¢Script Study â€¢12 Script Examples With Extensive Notes & Analysisâ€¢Recording Your Program â€¢Hiring a Studio, or Setting Up Your Studio At Homeâ€¢Voicing Your Program â€¢Important Tips Doing A Professional Jobâ€¢Meditation Music & Background Sounds â€¢What To Look For, Where To Lookâ€¢Publishing Your Program â€¢Distribution Channels & Opportunitiesâ€¢Conducting Live Guided Meditation â€¢Working With Groups & IndividualsFREE DOWNLOAD INSIDE: A link to 1 Hour of Guided Meditation Background Music!A must-have resource for guided meditation leaders, and the perfect companion to Max Highstein's book, The Healing Waterfall, 100 Guided Imagery Scripts for Counselors, Healers, & Clergy.

Integrative Medicine, by Dr. David Rakel, provides the practical, evidence-based guidance you need to safely and effectively integrate complementary and alternative medical treatments into your practice. This medical reference book lays the framework for making the best use of these therapeutic modalities and understanding the mechanisms by which these interventions work, keeping you at the forefront of the trend toward integrative health care. Incorporate therapeutic integrative medicine modalities into clinical practice through the "Tools for Your Practice" section that offers how-to application for recommending mediation, prescribing probiotics, and how to do an elimination diet. Apply integrative treatments for a full range of diseases and conditions including autism, stroke, chronic fatigue syndrome, and various forms of cancer...see how to advise patients on health maintenance and wellness...and get valuable advice on topics such as meditation, diet, and exercises for back pain. Avoid potential complications with recommended dosages and precautions. Enhance patient care with therapy-based guidance and printable patient education guides. Implement proven integrative treatments for various diseases thanks to an evidence-based therapeutic approach. Weigh the likely effectiveness of various treatments vs. their potential harm with helpful icons based on the SORT (Strength of Recommendation Taxonomy) method. Validate potential interventions through the latest research in genomics and advanced imaging technologies, such as MRI. Access the full text, image bank, downloadable Patient Education Guides, and video collections online at www.expertconsult.com. Rakel provides evidence-based guidance to apply integrative medicine in clinical care.

With the average cost of weddings today at over \$20,000, it's no wonder that today's savvy, budget-conscious brides are looking for deals to get the wedding of their dreams at a fraction of the cost. But in today's world where extreme couponing and the number of wedding sweepstakes competitions is on the rise, for the modern bride, discounts and bargains are simply not enough. For these brides, only free will do. Enter The Bride's Guide to Freebies, the book that shares insider secrets on how to potentially get thousands of dollars worth of merchandise and products for your wedding for free. No, this is not a book of suggested bargains and discounts. Rather, this book provides freebie-finding strategies on everything from the dress to the food to the entertainment, information on what to say (and not say) to score lots of swag, and how to foster positive relationships with vendors that result in spectacular add-ins. And each and every tip and strategy featured in the book is designed to give the budget-conscious bride the ultimate payoff: lots of wedding goods and extras... for absolutely zero money.

Imaginations 2Relaxation Stories and Guided Imagery for KidsBambino Yoga

This book, written for the layperson, provides evidence-based material explaining the complex and evolving evidence of the benefits and limitations of breast cancer screening and the advances in breast cancer treatment. A diagnosis of breast cancer is one of the most emotionally charged statements a woman can hear from her doctor. Understanding the rapid changes in breast cancer diagnosis and treatment is challenging, especially for those without a medical background. This book will help explain the strengths and weaknesses of breast cancer screening, breast cancer treatment, and ways of coping with the disease (for oneself or a loved one). Written for the layperson, this text explains the history of disease prevention with a specific emphasis on breast cancer detection and treatment. The main chapters weigh the pros and cons of well-known but often mystifying screening tests, such as mammograms; discuss the benefits and side effects of targeted hormone therapies; consider holistic regimens that complement traditional medicine; and explore the mental, physical, and emotional strain caused by breast cancer. Concluding with the current breast cancer screening guidelines recommended by leading organizations in disease prevention, Breast Cancer Facts, Myths, and Controversies not only engages with the history of breast cancer screening, diagnosis, and treatment, it looks ahead to a brighter future for survivors. Includes reader-friendly descriptions of screening tests and treatments, along with their benefits and risks Addresses the debate surrounding modern biomarker and genetic tests and whether or not testing is excessive Includes a list of support groups and organizations, as well as a summary of screening guidelines Includes a glossary of breast disease terms and terms used in testing and treatment Written by an expert epidemiologist known internationally whose career has focused on women's health

[Copyright: 1507928269fc0a938d77934fae821ac1](https://www.expertconsult.com/9780323093824)