



# Health Journeys: A Meditation to Help You with Healthful Sleep

*Belleruth Naparstek*

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## **Health Journeys: A Meditation to Help You with Healthful Sleep** Belleruth Naparstek

Noted psychotherapist and guided imagery pioneer Belleruth Naparstek offers this deeply restorative sleep meditation audio for anyone who wants a better quality or quantity of restful slumber. Her profoundly calming, research-proven guided imagery for sleep creates a rich atmosphere of protection and safety, offering images that are compelling enough to successfully compete with the internal brain chatter that keeps us awake. For a surprising number of people, this guided sleep meditation audio has slowly but surely replaced sleep medication. Belleruth's calming voice, tone and pacing, combined with Steve Kohn's exquisitely soothing music, draws mind, body and spirit down into deep, restful, restorative sleep, naturally and effortlessly, demonstrating why meditation and sleep make such fine bedfellows. This guided sleep meditation is recommended and distributed by The Mayo Clinic, Johns Hopkins, Columbia Presbyterian, the U.S. Veterans Administration and The U.S. Army and Marines. (Running Time: 60 minutes)

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