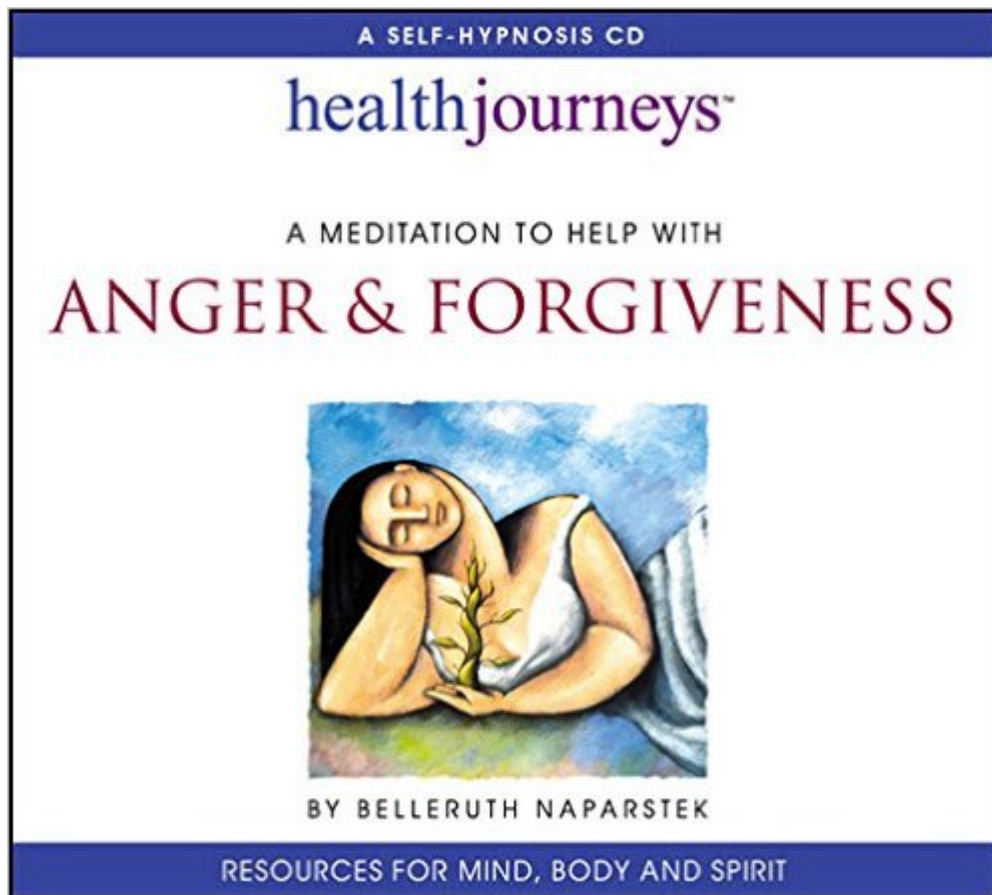


The book was found

# Meditation To Help With Anger & Forgiveness (Health Journeys)



## Synopsis

This Health Journeys guided meditation for anger and forgiveness delivers powerful and effective ways to manage or release unhealthy anger and resentment, naturally and holistically. Belleruth Naparstek's forgiveness meditation promotes feelings of compassion for self and others, while providing a preview of the emotional liberation that comes from letting go of the anger that blocks the full enjoyment of living. In no way does it suggest that forgiveness is the necessary resolution for everyone. Repeated listening once or twice a day for 2-3 weeks ensures maximum impact. The net effect of continued listening is a stronger ability to manage and release anger, a greater sense of safety and support, and a new ease and inner peace gracing each day. A separate track of affirmations offers the same therapeutic suggestions in a briefer format, using positive statements designed for repeated listening, on the go and even while driving. Written and narrated by psychotherapist, author and guided imagery pioneer Belleruth Naparstek, this guided imagery for anger and forgiveness brilliantly combines her calm, trustworthy voice with the exquisitely soothing music of Steven Mark Kohn. Recommended by counselors and life coaches and used by corporate executives and incarcerated prisoners, harried moms and stressed out teens, this guided meditation for anger will get the job done on controlling anger in surprisingly short order. (Running Time: 60 minutes)

## Book Information

Series: Health Journeys

Audio CD

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Product Dimensions: 0.2 x 5.5 x 5 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (33 customer reviews)

Best Sellers Rank: #51,344 in Books (See Top 100 in Books) #12 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome](#) #17 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #18 in [Books > Books on CD > Health, Mind & Body > General](#)

## Customer Reviews

I am a therapist and use this CD in an Anger Management Group that I facilitate. After hearing this CD, all of the group members rave about how helpful it is. Ms. Naparstek has the most soothing voice I have heard, and the group members agree that the imagery she uses in the CD is quite useful in helping them "visualize" letting their anger go. I would highly recommend this CD!

I turned to this CD when I realized that my anger at my ex-husband over his failure to pay child support and co-parent was making me sick. This is one of the few resources I found that address anger specifically. Naparstek keeps the focus on me, and how my anger, now that it has become habitual, is preventing me from having a full emotional life. I've known that I needed to let go of my anger for awhile, but I haven't known how. This really helps.

I have used this product for the past few weeks most nights as I am falling asleep. It has really done wonders for me. Not only to let go of past hurt and anger, but also to build a comfortable sanctuary within myself to buffer the effects of present difficult relationships. My anger related to past hurtful relationships that caused my self esteem to fall. This meditation and affirmations have helped considerably.

This recording has really made a big difference in my quality of life. Like some of the other reviewers, I have had some awful things happen to me throughout my life, and this guided meditation is a great tool to use to facilitate your own healing and acceptance of yourself. This meditation is nonjudgmental, loving, and allows you to accept healing at your own pace. It is nothing short of amazing. It can precipitate some strong emotions during the meditation. I have had the most success using it just before I go to sleep.

All of Belleruth's work is good, but this one [and the PTSD one] are over the top excellent. Every word is perfect. A real healing tool. You need this CD!

This CD has helped me reclaim total healing in my mind and heart due to past upsets and trauma. The author's voice is ever so kind and understanding that I tear each time when I hear the empathy in her voice. I am buying this for other members of my family so their hearts can heal as well. Much love to all who are in this world and those who have been here in the past.

I am very happy with Anger & Forgiveness by Belleruth Naparstek. I love her voice and the guided

imagery and meditations are fabulous. I would recommend this to anyone interested in guided imagery. I plan to purchase other products by Belleruth Naparstek.

Very calming. This meditation helped me through a difficult time. I would even say my experience was profound

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