



# Staying Well With Guided Imagery

*Belleruth Naparstek*

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## **Staying Well With Guided Imagery** 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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