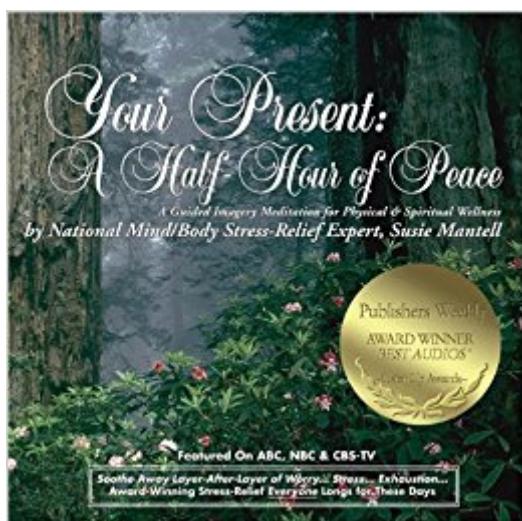


The book was found

Your Present: A Half-Hour Of Peace: A Guided Imagery Meditation For Physical & Spiritual Wellness



Synopsis

"Best Audios Award" *Publishers Weekly* "Highly Recommended" *Library Journal* "Best Original Work" *Audie Awards Finalist* *Superb relaxation narration* • *John D. Loeser MD, American Pain Society*

Book Information

Audio CD

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Best Sellers Rank: #42,274 in Books (See Top 100 in Books) #7 in Books > Books on CD > Health, Mind & Body > Meditation #8 in Books > Books on CD > Reference #9 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

Customer Reviews

“Highly recommended. Mantell has produced an excellent program that effectively uses her voice, pacing, music to help the audience achieve a state of relaxation. Further, she takes the listeners deeper into theÂ process to show them how they can achieve a more positive and healthy life as they move out of meditation and into the world.â •Â —Library Journal“Mantell takes listeners on a gentle journey . . . effortlessly floating worries and stress away.â •Â —The Los Angeles Times“Soothing voice and blissful music!â •Â —Ladies Home Journal“Soft, lovely music, warm, soothing voice helps the listener achieve a peaceful, relaxed state and feel refreshed and rested afterward.â •Â —Billboard“Peaceful imagery gently guides listeners into a calm, meditative state.â •Â —Weight Watchers Magazine“Superb relaxation narration . . . well-made, and can facilitate any comprehensive pain program.â •Â —John D. Loeser, MD, The American Pain Society“Excellent . . . relaxed, peaceful, energizing! The perfect half-hour each day we all need.â •Â —Stephen G. Rothstein, MD, surgeon, NYU Medical Center

AWARDS & HONORS: "BEST AUDIOS" -Publishers Weekly, "BESTSELLER" -New Leaf, "BESTSELLING AUDIOBOOKS"-.com(multiple categories), "HIGHLY RECOMMENDED" -Library Journal, "MOST REQUESTED TITLE IN GENRE" -Ingram's 'A' List, "BEST ORIGINAL WORK" -Audie Awards Finalist, "AS GOOD AS IT GETS" Issue -Town & Country, "SUPERB" -The American Pain Society, "WHAT'S HOT..." -Gift Basket Review Magazine, "RECOMMENDED--WELL-DONE." - Richard Ottenstein, Ph.D. Trauma Specialist

I really wanted to like this CD after reading all of its glowing reviews, but unfortunately I have hard time using it. Here are three reasons why. First, this was originally recorded as a tape in 1994 (you will hear things such as "as you're listening to this tape" during the introduction), and then it was simply burnt on a CD. As a result the introduction is included together with the meditation in one track, and it lasts five long minutes. I'm sure that at first it might be helpful to hear that you shouldn't drive a car while listening to this "tape" or that this meditation is meant to support but not to replace medical care, but it does get old after a couple of days. My days are busy, and when I have few minutes to myself to meditate, I find that I get quite annoyed to have to go through five minutes of legal disclaimers and other introductory information every single time before starting the meditation. Really I should only need to hear this once before the first use of this meditation. This introduction should be included as a separate track on the CD. Second, at the beginning of this meditation Susie Matell asks you to listen to the waves and imagine that you're writing things in the sand. This would be such a nice, soothing mental exercise, but unfortunately the "waves" that you hear in the background sound a lot more like rustling paper or leaves than actual waves, which I find very distracting and again, slightly annoying. Third, and most important, is the fact that this meditation focuses around you imagining that you are receiving what you've been wanting (a gift) and achieving the goals you want to achieve (there is a bridge you need to choose to cross to get there). You are asked to imagine what you want/desire the most more than once, and I find that upsetting. I'm actually using this meditation to help me stop ruminating about something I really want but have trouble getting, and this exercise is actually making it worse for me. It brings up unmet desires and it stirs up the feeling of deprivation and frustration. All in all, this might be a good CD if you are not dealing with a loss or not ruminating about something you can't/don't have yet, assuming that you can get over poor sound effects and listening to the extra five minutes of legal disclaimers and intro each time you want to meditate.

Used it to try to relax so I could sleep.....relaxing but I didn't go to sleep afterwards.....Probably me. I

will try it again when I am motivated. Used it to stress reduce during the day and it worked well for that. Pleasant to listen to.

This CD is so calming and the woman guiding you through the meditation has a perfect voice.

I have loved this CD for more than a decade and recently started giving it out as a gift to people I care about. The woman's voice is so soothing and she makes you feel safe and like everything's going to be OK.

I enjoy this very much

it was OK

Relaxing

great to use for meditating

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Stress, Mindfulness, Happiness and Peace (Meditation Made Easy For Beginners, How To Reduce Stress, Anxiety, Restore Confidence and Inner Peace) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Zen, Inner Peace, Dalai Lama Book 1) Meditation within Eternity: The Modern Mystics Guide to Gaining Unlimited Spiritual Energy, Accessing Higher Consciousness and Meditation Techniques for Spiritual Growth Zen: The Beginners Guide on How to Practice Zen Everywhere by Incorporating Meditation Into Your Life (Buddhism - Improve Your Daily Life with Happiness and Inner Peace Using Meditation) Guided Meditations on the Stages of the Path (with 15 hour mp3 meditation CD) Third Eye Awakening: Guided Meditation to Open Your Third Eye, Expand Mind Power, Intuition, Psychic Awareness, and Enhance Psychic Abilities (3rd Eye, Higher Consciousness, Spiritual Enlightenment) The Calming Collection-The Weight is Over:Hypnosis/Meditation for Lasting Weight Loss**Guided Meditation and Hypnosis CD Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Stretch and Pray: A Daily Discipline for Physical and Spiritual Wellness Meditation for Beginners: Ultimate Guide to Relieve Stress, Depression and Anxiety (Meditation, Mindfulness, Stress Management, Inner Balance, Peace, Tranquility, Happiness)

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