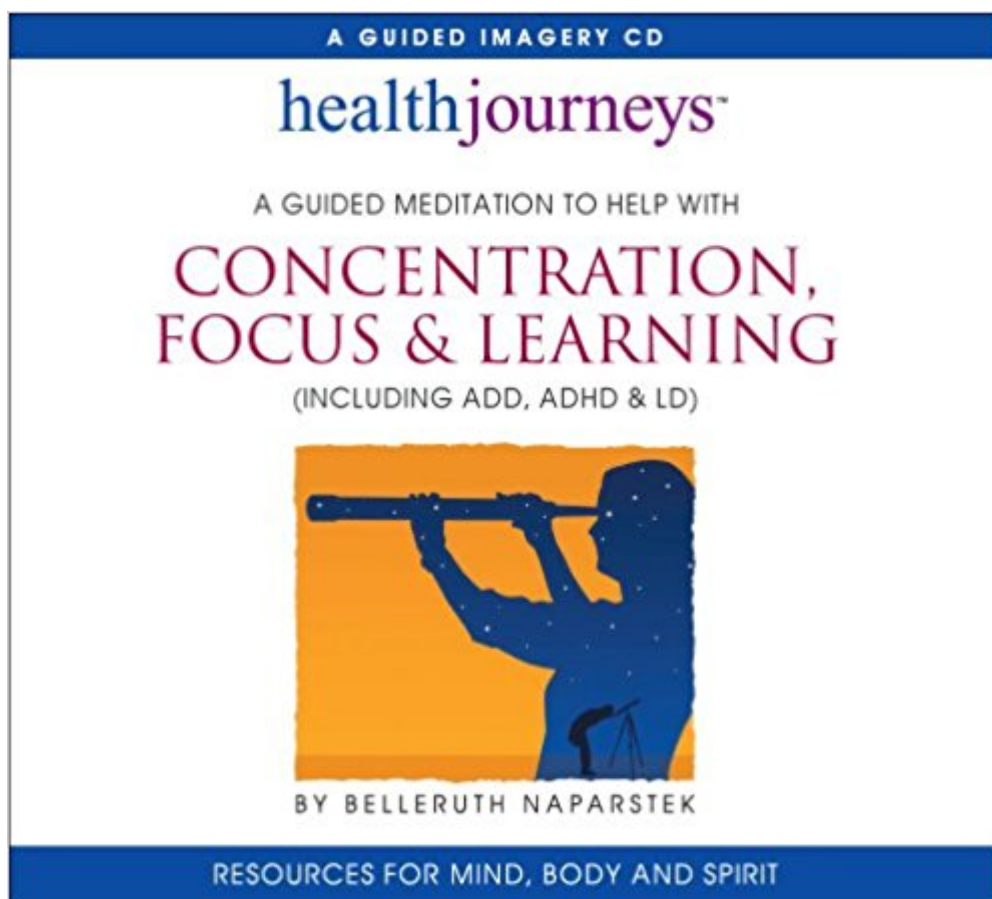


The book was found

# Concentration, Focus & Learning (including ADD, ADHD & LD))



## Synopsis

Guided imagery designed to help marshal the coherent, focused energy needed to reach an intended goal; increase the ability to concentrate and complete tasks; ramp up organized planning for greater efficiency and effectiveness; boost capacity for patience, calm and inner quiet; and enhance self-esteem and feelings of mastery. With affirmations. (47 minutes)

## Book Information

Audio CD

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Average Customer Review: 3.9 out of 5 stars 10 customer reviews

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## Customer Reviews

Belleruth Naparstek, LISW, BCD Psychotherapist, author and guided imagery pioneer. Belleruth Naparstek is the creator of the popular Health Journeys guided imagery audio series. Her first book, *Staying Well with Guided Imagery* (Warner) is a widely used primer on imagery and healing. Her second book, *Your Sixth Sense* (Harper Collins) has been translated into 9 languages and called one of the most thoughtful and sophisticated looks at imagery and intuition. Her latest book on imagery and posttraumatic stress, *Invisible Heroes: Survivors of Trauma and How They Heal* (Bantam Dell), won the Spirituality & Health Top 50 Books Award and was released in paperback January of 2006. Highlighted in the 20th anniversary edition of their seminal book, *Courage to Heal*, Ellen Bass and Laura Davis call *Invisible Heroes*, the most useful book for trauma survivors to be published in the last decade. As *Prevention Magazine* noted, she has been quietly creating an underground revolution among mainstream health and mental health bureaucracies, by persuading major institutions such as the U.S. Veterans Administration, the U.S. Dept of Defense, Kaiser Permanente, Blue Shield of California, United Health Care, Oxford Health Plan, scores of pharmas and nearly 2000 hospitals and recovery centers to distribute her guided imagery recordings, in

many instances free of charge to recipients. Recently she has been developing military-friendly resources with the help of the U.S. Army and the Ft. Sill Resiliency Center, and DCoE (Defense Centers of Excellence) has declared guided imagery one of their Twelve Promising Practices. Her audio programs have been involved in over two dozen clinical trials, with nearly a dozen studies completed to date. Efficacy has been established for several psychological and medical challenges, most recently for military sexual trauma and combat stress at Duke University Medical Center/Durham Veterans Administration Hospital. Naparstek received both undergraduate and graduate degrees from the University of Chicago. She maintained her psychotherapy practice for over 30 years and for several years taught graduate students at The Mandel School of Applied Social Sciences, Case Western Reserve University. Earlier in her career, she supervised psychiatry residents at Cambridge Hospital/Harvard Medical School and was Chief of Consultation & Education at the Woodburn Center for Community Mental Health in Fairfax County, VA. She also did a brief stint as a musical comedy actress at Second City and The Tip Top Tap of the Allerton Hotel in Chicago, and says that her musical comedy skills sometimes come in handy for teaching.

I am disappointed in the most recent Health Journeys CD I have purchased--"Concentration, Focus & Learning" by B. Naparstek. I own two other Health Journeys CDs--another by Naparstek entitled "A Meditation to Promote a Healthy Heart" and "Free Yourself from Procrastination" by Traci Stein. This "Concentration" CD is too similar to Stein's "Procrastination" and is basically giving same meditative/hypnotic "lesson". "Procrastination" with better selection of background music. I don't recommend buying both "Concentration" and "Procrastination" together--one wipes out the other and I think Stein's has more kick to it than Naparstek's. The background music for "Procrastination" isn't as loud and corny either.

This is very misleading. It's simply meditation, motivation, and self affirming quotes. The voice sounds very mushy and low key. Very very short. Worth maybe \$2 to me. A huge thumbs down.

Fantastic! I love these healthjourneys CDs! This one is one of my favorite. Great for people who want to meditate, but may have trouble with focus and clearing the mind. The guided imagery with Belletruth Naparstek is amazing! If you don't have time to stop for that, the simple, but powerful affirmations can be listened to any time.

This is a very helpful CD and the music is relaxing. The author was recommended to me by a

colleague. I think I'll buy another one from Belleruth Naparstek.

The audio is well made and professionally done. The CD includes for sessions: Introduction, Short session, Long Session and Affirmations.

She is the best at this...

Haven't made time to listen to the main meditation; I listen to the affirmations whenever I'm driving, which is a lot. Think some of it is sinking in! Belleruth Naparstek's most compelling feature is her voice. Love her CDs.

Great

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Concentration, Focus & Learning (including ADD, ADHD & LD)) ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) ADHD Diet For Children: Recipes and Diet to Help Your Child Focus, Perform Better at School, and Overcome ADHD For Life (ADHD Diet) ADHD Guide Attention Deficit Disorder: Coping with Mental Disorder such as ADHD in Children and Adults, Promoting Adhd Parenting: Helping with Hyperactivity and Cognitive Behavioral Therapy (CBT) The Insider's Guide to ADHD: Adults with ADHD Reveal the Secret to Parenting Kids with ADHD Helga's Diary: A Young Girl's Account of Life in a Concentration Camp: A Young Girl's Account of Life in a Concentration Camp ADHD & The Focused Mind: A Guide to Giving Your ADHD Child Focus, Discipline & Self-Confidence Bolivia in Focus: A Guide to the People, Politics, and Culture (In Focus Guides) (The in Focus Guides) Focus On Lighting Photos: Focus on the Fundamentals (Focus On Series) The Disconnected Kids Nutrition Plan: Proven Strategies to Enhance Learning and Focus for Children with Autism, ADHD, Dyslexia, and Other Neurological Disorders Healing ADD Revised Edition: The Breakthrough Program that Allows You to See and Heal the 7 Types of ADD Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD How to Add a Device to Account: How to add a device to my account - 3 easy steps in few minutes How To Focus: Stop Procrastinating, Improve Your Concentration & Get Things Done - Easily! How To Reach And Teach Children with ADD / ADHD: Practical Techniques, Strategies, and Interventions 12 Effective Ways to Help Your ADD/ADHD Child: Drug-Free Alternatives for Attention-Deficit Disorders The ADD / ADHD Checklist: A Practical

Reference for Parents and Teachers Putting on the Brakes: Understanding and Taking Control of Your Add or ADHD Putting on the Brakes Activity Book for Kids with Add or ADHD Overcoming Distractions: Thriving with Adult ADD/ADHD

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