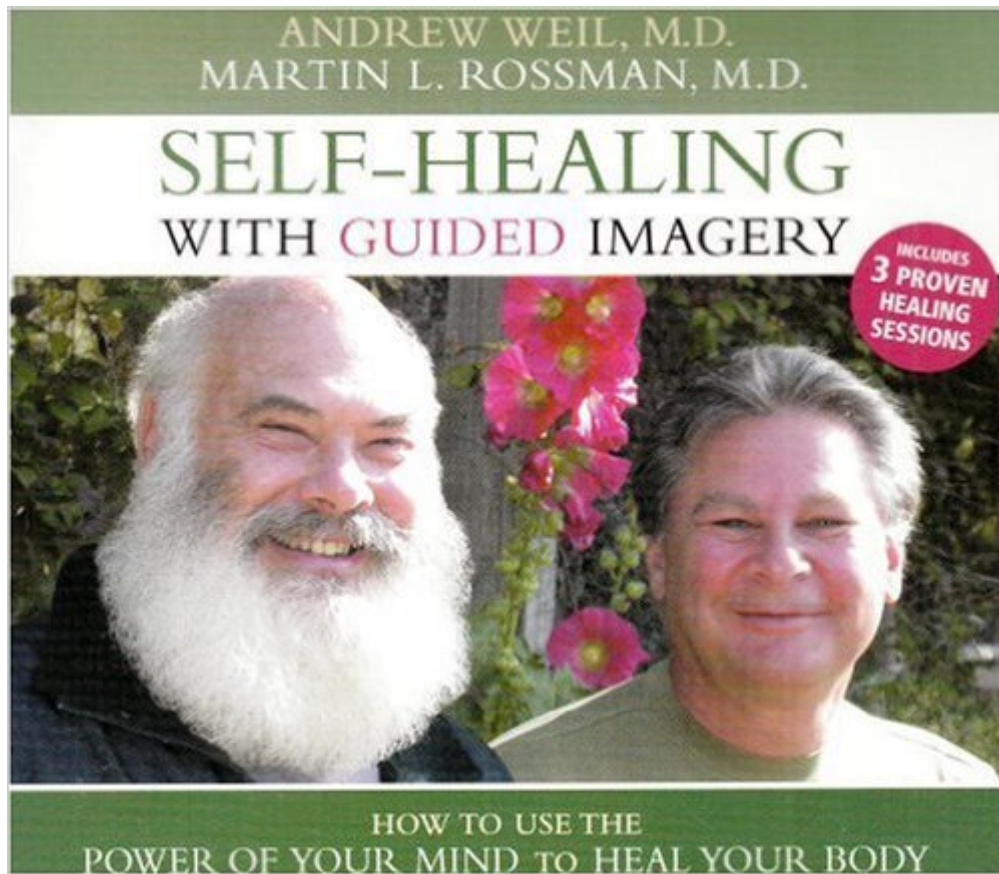


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# Self-Healing With Guided Imagery



## Synopsis

The verdict is in: guided imagery works. Study after medical study during the past three decades has found that the power of the mind can influence almost every major system of the body- from breathing and heart rate to digestion and immune response. On Self-Healing with Guided Imagery, Dr. Martin L. Rossman, widely considered the No. 1 expert in the therapeutic use of guided imagery, joins trusted physician and bestselling author Dr. Andrew Weil for the first time on audio to offer a concentrated course that will help you immediately experience the benefits of this effective and easy-to-learn practice. The perfect introduction to this "critical component to all healing" from two of America's most trusted doctors. Includes three complete exercises led by Dr. Rossman.

## Book Information

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## Customer Reviews

I guess if one had never heard of imagery or guided relaxation, all the talking and talking about it would be of value. I expected more guided meditations, imagery, whatever, than this provided. It was mostly discussion and explanation and very, very little guided imagery. And the little of that that was found was done by Dr. Rossman. (See next paragraph for why I think that's bad.) I also just spent \$60 for 5 CD's with about 15 guided meditations of Dr. Rossman for healing cancer from within. (From his web site) While these WERE actually all meditations, the fact is that each one is almost exactly identical, except for a small piece in the middle of each. I feel that when you've heard one of Dr. Rossman's meditation tapes, you've heard 'em all!

I have been using Marty Rossman's audios, initially for self-help, but eventually to help my clients as

well, for over a decade. Just as I did, clients often need considerable repetition before they can internalize his intonation and phrasing. Anything new from Marty is a must-have for me. Do yourself a favor--learn to talk to yourself the way he "talks" to you on this CD. Your life will change.

On the first CD, Drs. Weil and Rossman present a nicely threaded conversational discussion of the current conceptions underlying approaches to mind/body healing. For the new listener it is very informative and inviting, for the experienced listener it is reinforcing and encouraging. The second CD provides three guided imagery exercises designed to elicit and experience the concepts of safe personal place, inner healing wisdom, and facing symptoms or problems with a creative exploration for solution. Dr. Rossman's voice is very soothing and patient, fostering a sense of invitation and permissive guiding. While the three relaxation induction sequences are repetitive due to being identical, they should be viewed and understood as discrete experiences which normally would not be done back to back. Relaxation and meditation are best mastered through repetition and consistency. For those of us more experienced it is sometimes difficult to allow ourselves the opportunity to go the way of an other, and will be challenged with overcoming our own critical resistance. The principle imagery experience and learning to be gained from each sequence, beyond the relaxation induction itself, comes from the personal place imagery recruitment, inviting and meeting a representation of our inner healing wisdom, and creating a symptom/problem/solution dialogue. These pieces are each very nicely constructed and contain a wealth of practical modeling points for the kinds of words and phrasing that can be used to optimize seeking, and thus, open to the creative healing wisdom that lies within.

I am new to learning Meditation. And I really wanted to learn about Guided Imagery for health reasons. This recording gave me good ideas to get started. I feel I learned alot by listening to this tape.I would say that if you are new to Meditation and Guided Imagery, this would be a good CD to listen to.

I was very impressed with this 2 CD set! It offered a great review of the thinking behind how imagery works, from two of the most respected and knowledgeable physicians in the field of Integrative Medicine. I have training in Interactive Guided Imagery, and have used it with my children (ages 5 through 14yrs)as well as myself and my patients (critically ill children and their families). This set is invaluable to me and I have recommended it to many patients and friends...ALL with positive responses once they have listened to the CDs. The guided sessions with Dr. Rossman are soothing

and applicable for use in many areas. This set is well worth having as a practitioner aid, but even more importantly, as a tool for anyone to use to promote their own health and well-being.

Self Healing w/Guided Imagery provides three superb guided imagery exercises to enable you to go to an "inner place of healing", "imagine a dialogue with a healing figure", and "create specific health imagery" to improve your health. Dr. Weil has chosen Dr. Martin Rossman, who has a wonderful voice, to lead you thru these experiences. Like Dr. Weil, Dr. Rossman has "traditional" medical credentials, and utilizes guided imagery that supports your effort to get well. I use the guided imagery to go back 50 years to where I grew up (an inner place of healing) where I dialogue with my favorite pediatrician (who actually made house calls), and ask him questions about pending surgery and a current illness. This has proven to be very comforting for me. This CD was produced with great care, and I expect to be using it for a long time.

I didn't think this CD set was a good value. There are a lot of other products in this genre and I don't think this particular one is up to snuff. The lecture part is decent and for people who aren't familiar with guided imagery, it's a nice introduction. Unfortunately, it also consumes a lot of the total time. The guided imagery exercises are almost identical. When I heard this the first time, I couldn't quite believe it. I would like to see someone of Dr. Weil's credibility put out something better or else not collaborate with the individual. I guess the purchasing decision around this CD should focus on your level of experience with guided visualization. If you don't know much about it and have never been exposed to other similar products, then you might find it very useful. If you have done other things in this area, you will most likely be disappointed.

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