



# Health Journeys: A Meditation to Help You Relieve Depression

*Belleruth Naparstek*

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## **Health Journeys: A Meditation to Help You Relieve Depression** Belleruth Naparstek

With repeated listening, Belleruth Naparstek's guided meditation for depression helps lift the heavy fog of depression and liberate tamped down energy, reuniting listeners with their own inner strength and reinstating their feelings of hope, motivation and possibility. The Health Journeys depression meditation works well in conjunction with psychotherapy and medication, or as a stand-alone aid. It has even been found helpful to people dealing with bipolar illness. A separate track of affirmations uses a briefer format for treating depression naturally, disrupting the harsh, self-critical thinking of depression with positive statements, designed to be played repeatedly, while on the go and even while driving. Written and narrated by noted psychotherapist, author and guided imagery pioneer Belleruth Naparstek, and scored to the exquisite, immersive music of Steven Mark Kohn, this empowering guided imagery for depression was produced by the Cleveland Orchestra's Bruce Gigax. For those who wish to try treating depression naturally, before turning to medication with side effects, this program is for you. (Running Time: 44 minutes)

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