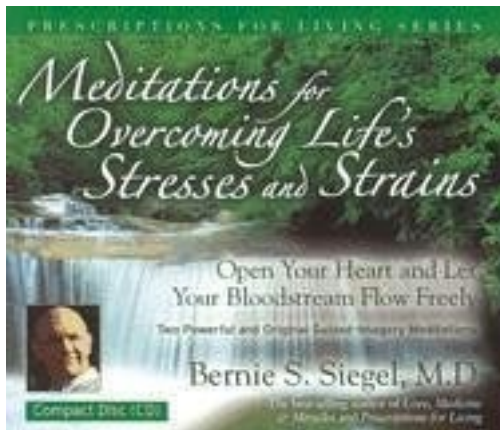


Meditations for Overcoming Life's Stresses and Strains



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On this CD, Dr. Bernie Seigel guides you through two individual and empowering meditations, each a combination of guided imagery and auto-hypnosis. These inspiring inner journeys are designed to assist you in dealing with negative thoughts, past hurts, stress, grief, and other conditions that can contribute to your lack of well-being. Bernie's calm, resonant voice gently helps you experience your own unique qualities, as well as your inner and outer beauty. *** It is important that you create "healing intervals" within your day to receive the maximum benefit from this tape. Through repeated listenings, you will discover that old, outmoded thought patterns will dissipate and be replaced by new thought patterns that will elicit a healthier response from your physical and mental being.

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