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Guided Imagery. Guided imagery uses the power of the mind to aid in healing. Staying Well with Guided Imagery, Belleruth Naparstek, Warner Books, 1995;

### **Belleruth naparstek - harpercollins us**

Belleruth Naparstek is a practicing psychotherapist, author of Staying Well with Guided Imagery and Invisible Heroes, Works by Belleruth Naparstek. See all.

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done by Belleruth Naparstek. There is an introduction, affirmations, 2 Responses to Guided Imagery. Lynne Singer March 29th, 2012 at 2:23 pm.

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