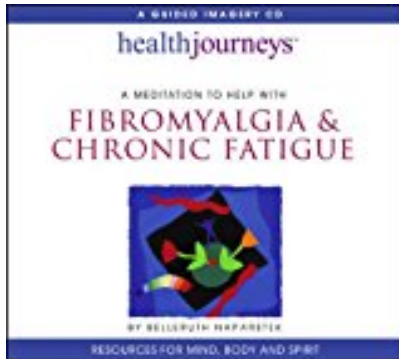


# A Meditation to Help With Fibromyalgia & Chronic Fatigue Health Journeys Guided Imagery CD

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## BOOK DETAILS

- Author : Belleruth Naparstek
- Pages : 1 Pages
- Publisher : Health Journeys
- Language : English
- ISBN : 1881405575

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## BOOK SYNOPSIS

Disability rights advocate Darrell Lynn Jones worked for the civil rights and empowerment of people with disabilities. But she didn't recognize her professional skills could be used to live effectively with her own chronic illness until she connected the dots between her physical journey and her spiritual journey. The author came to see her illness as a soul journey—meaning her human traits, including chronic illness, are simply Spirit immersed in a physical experience, using time and space as a playground for creation and discovery. *Becoming MySelf* offers a fresh look at the new-age idea of creating your own reality and suggests the reality you already have is brimming with gifts and opportunities. This perspective helps you end the discontentment you may have concerning illness, disability, aging, and dying—and the belief that we are victims if we're sick.

"An empowering memoir/self-help book for anyone contending with a hidden disability or chronic illness." (*Kirkus Indie Review*)

"I am so impressed with the book—your insight into the complex realms of disability and chronic illness; your clarity, consciousness and congruence that there's nothing wrong or defective about a person whose body is different. Appreciation for everything you have experienced and chosen to make it possible for you to write, publish and release this beautiful offering." (Shaina Noll, musical artist, *Songs for the Inner Child*)

### **A MEDITAITON TO HELP WITH FIBROMYALGIA & CHRONIC FATIGUE**

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