



# Meditation To Help with Anger & Forgiveness (Health Journeys)

*Belleruth Naparstek*

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## **Meditation To Help with Anger & Forgiveness (Health Journeys)** Belleruth Naparstek

This Health Journeys guided meditation for anger and forgiveness delivers powerful and effective ways to manage or release unhealthy anger and resentment, naturally and holistically. Belleruth Naparstek's forgiveness meditation promotes feelings of compassion for self and others, while providing a preview of the emotional liberation that comes from letting go of the anger that blocks the full enjoyment of living. In no way does it suggest that forgiveness is the necessary resolution for everyone. Repeated listening once or twice a day for 2-3 weeks ensures maximum impact. The net effect of continued listening is a stronger ability to manage and release anger, a greater sense of safety and support, and a new ease and inner peace gracing each day. A separate track of affirmations offers the same therapeutic suggestions in a briefer format, using positive statements designed for repeated listening, on the go and even while driving. Written and narrated by psychotherapist, author and guided imagery pioneer Belleruth Naparstek, this guided imagery for anger and forgiveness brilliantly combines her calm, trustworthy voice with the exquisitely soothing music of Steven Mark Kohn. Recommended by counselors and life coaches and used by corporate executives and incarcerated prisoners, harried moms and stressed out teens, this guided meditation for anger will get the job done on controlling anger in surprisingly short order. (Running Time: 60 minutes)

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