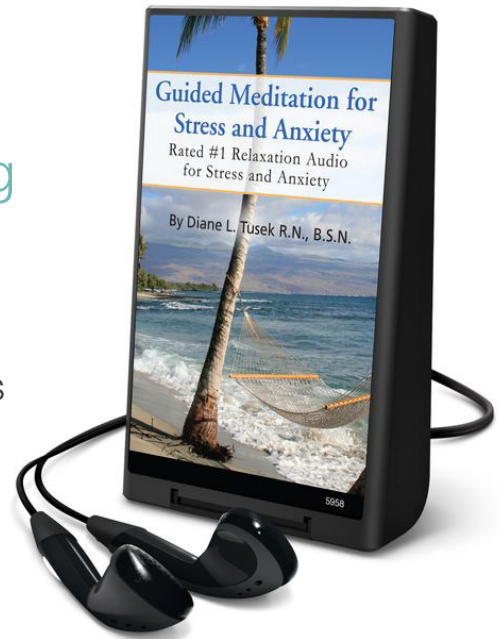


Guided Imagery & Relaxation content has been clinically proven to enhance behavioral health by improving healing and patient quality of life.

Playaway, the all-in-one audio player, provides convenient access to the top content from the world's most renowned therapeutic publishers. Learn more about how Playaway audio programs support treatment for a broad range of conditions.



Health Journeys (Belleruth Naparstek)

Belleruth Naparstek is one of the founding partners of Health Journeys and the author of most of its content. With training in mental health and past experience as a social worker, Belleruth uses biological, chemical, and holistic information to craft guided visualizations, which guide listeners in daydreaming and disengaging from everyday stress. Her pioneering work in guided imagery has led to increased interest from soldiers and the Surgeon General of the United States Army.

Guided Imagery, Inc. (Diane Tusek)

Diane Tusek R.N., B.S.N., considered a pioneer in the field of Integrative Medicine, founded Guided Imagery, Inc. in 1996 following a distinguished career at the Cleveland Clinic. Her meditation recordings, accompanied by Steven Mark Kohn's tranquil background music, help listeners manage stress, reduce tension, and decrease pain in more than six thousand health care facilities, corporations, schools, wellness centers, and more.

Other publishing partners include:

Bolinda • Brilliance Audio • Desert Heart Recordings • Imadulation
Images of Wellness • Relaxation Company • Sounds True Audio • Tami Briggs

Images of Wellness (Jane Ehrman)

Images of Wellness, an Interactive Guided Imagery program authored and narrated by Jane Ehrman, M.ED, creates a safe, healing, and inviting environment for the listener to experience quiet and calm. Ehrman, a Certified Health Education Specialist and Board Certified Diplomat in Clinical Hypnotherapy, has worked with institutions such as the American Counseling Association and Harvard University to perfect her technique of gentle and general guidance for listeners, specifically those preparing or recovering from surgery or injury.

Imadulation (Ellen Simon)

Ellen Simon, a board licensed psychotherapist who runs a clinical practice in Dallas, TX, created The Imadulation System for military and law enforcement professionals and their families. Ellen has been practicing for over 20 years and specializes in treating stress, pain, trauma, sleep and performance optimization. She holds certifications in Biofeedback, Neurofeedback, Guided Imagery, Medical Hypnosis, Pain Management, and Aromatherapy.

Guided Imagery & Relaxation Content

SKU	Title	Publisher	Price	Cancer	Depression	Grief	Healing	Pain	PTSD	Sleep	Stress & Anxiety	Surgery	TBI
16066	Ison Pain Management System	Agog Creative	34.99					X					
5946	Ison Sleep System	Agog Creative	34.99							X			
3726	The Stress First Aid Kit	Bolinda	44.99								X		
5742	Healing Power of Prayer	Brilliance Audio	34.99	X							X		
19865	Healing Imagery for PTSD	Desert Heart Rec.	34.99						X				
19874	Sleep Well Tonight	Desert Heart Rec.	34.99							X			
11852	After the War Zone	Findaway World	34.99						X				
5952	Affirmations for Change, Confidence and Success	Guided Imagery Inc.	34.99		X						X		
10738	Guided Meditation for Procedures or Surgery	Guided Imagery Inc.	34.99					X			X	X	
5957	Guided Meditation for Relaxation and Deep Sleep	Guided Imagery Inc.	34.99							X	X		
5958	Guided Meditation for Stress and Anxiety	Guided Imagery Inc.	34.99							X	X		
5955	Living with Mindfulness and Purpose	Guided Imagery Inc.	34.99	X			X						
12081	Affirmations	Health Journeys	34.99		X						X		
12087	Anger & Forgiveness	Health Journeys	34.99			X			X				
12091	Bienestar Global (General Wellness in Spanish)	Health Journeys	34.99				X				X		
11856	Caregiver Stress	Health Journeys	34.99								X		
12089	Ease Grief	Health Journeys	34.99			X			X			X	
11855	Ease Pain	Health Journeys	34.99	X				X				X	X
12086	General Wellness	Health Journeys	34.99	X			X					X	
12697	Healing Trauma (PTSD)	Health Journeys	34.99						X				
11857	Healthful Sleep	Health Journeys	34.99							X	X		
12088	Help with Bone Marrow & Stem Cell Transplantation	Health Journeys	34.99	X									
11854	Help with Chemotherapy	Health Journeys	34.99	X									
12090	Help with Dialysis	Health Journeys	34.99				X						
12084	Help with Oncology Related Fatigue	Health Journeys	34.99	X									
12082	Help with Radiation Therapy	Health Journeys	34.99	X									
12696	Meditation to Help You Relieve Depression, A	Health Journeys	34.99		X								
12083	Relaxation & Wellness	Health Journeys	34.99								X		
12085	Relaxed & Awake during Medical Procedures	Health Journeys	34.99	X							X		
11858	Relieve Stress	Health Journeys	34.99								X		
12092	Self-Confidence & Peak Performance	Health Journeys	34.99	X									
11859	Stress Hardiness Optimization	Health Journeys	34.99						X	X	X		
11860	Successful Surgery	Health Journeys	34.99				X					X	
20235	AT EASE	Imadulation	34.99						X	X	X		X
11358	Guided Imagery - Preparing For Surgery	Images of Wellness	34.99					X			X	X	
3828	Guided Imagery - Recovering from Illness or Injury	Images of Wellness	34.99			X	X						
5882	Guided Imagery Program to Heal Trauma (PTSD)	Images of Wellness	34.99			X				X	X		
3829	Minute Meditations	Images of Wellness	34.99							X	X		
12518	Meditative Ocean and Rainforest	Relaxation Co	34.99								X		
16233	Peaceful Retreat	Relaxation Co	34.99				X			X	X		
12287	Anxiety Relief	Sounds True Audio	34.99								X		
10745	Healthy Sleep	Sounds True Audio	34.99							X			
4390	Meditation for Optimum Health	Sounds True Audio	34.99										
10748	Self-Healing With Guided Imagery	Sounds True Audio	34.99					X			X		
13406	Healing Harp Music for Relaxation and Sleep	Tami Briggs	34.99							X	X		