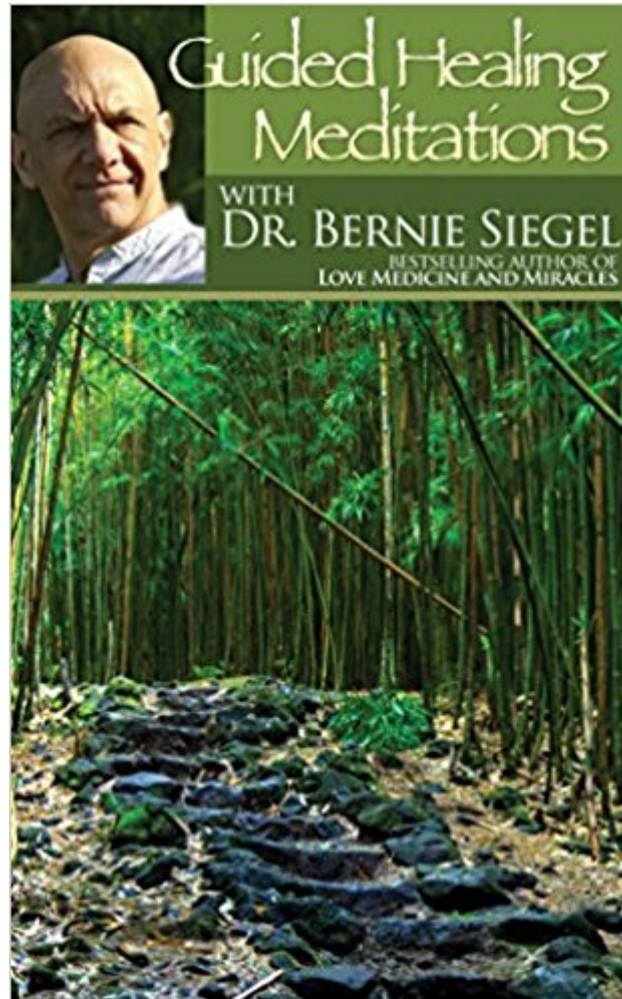




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Guided Healing Meditations



Synopsis

Bernie guides you through inspirational journeys that can help you to move past life's greatest challenges. Discover a rejuvenating sense of control and inner peace and learn to live fully in the moment.

Book Information

Audio CD

Publisher: BetterListen; Unabridged edition (December 15, 2015)

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ISBN-13: 978-1511344012

Product Dimensions: 6.5 x 0.6 x 5.5 inches

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Average Customer Review: 4.2 out of 5 stars 6 customer reviews

Best Sellers Rank: #216,699 in Books (See Top 100 in Books) #54 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #60 in Books > Books on CD > Health, Mind & Body > Meditation #74 in Books > Books on CD > Health, Mind & Body > General

Customer Reviews

Dr. Bernie Siegel was born in Brooklyn, NY. He attended Colgate University and Cornell University Medical College. He holds membership in two scholastic honor societies, Phi Beta Kappa and Alpha Omega Alpha and graduated with honors. His surgical training took place at Yale New Haven Hospital, West Haven Veterans Hospital, and the Children's Hospital of Pittsburgh. He retired from practice as an assistant clinical professor of surgery at Yale of general and pediatric surgery in 1989 to speak to patients and their caregivers.

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Bernie Siegel's meditation tapes are always very good.

I felt the meditation wasn't that relaxing and the audio quality wasn't that good. I have gotten much better meditations on youtube.

I use it in our religious group and we enjoy the meditations.

love the cd I have a lot of dr Bernie siegel books and cds they are wonderful. highly recomend

Very good

I love his voice ! I instantly fall into feeling good as soon as he starts talking.

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