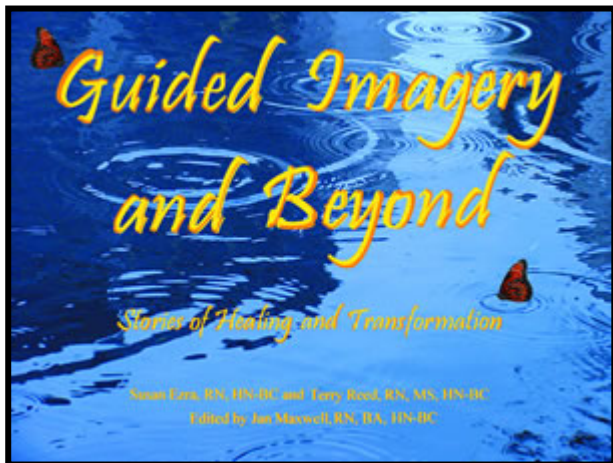


Guided Imagery - Stories of Healing and Transformation



More than a collection of stories, *Guided Imagery and Beyond* is a book about transformation. Imagery is the vehicle.

"This book brings imagery, the most ancient of healing tools, into modern life with grace and sensitivity. It should be read and will be appreciated by health care professionals and consumers alike."

- Jeanne Achterberg, PhD
Author, *Imagery in Healing: Shamanism and Modern Medicine and Healing Intentions* (Sounds True, 2008)

Publisher: Outskirts Press, Inc.

ISBN-13: 9781432719746

208 pgs. Softcover



\$15.95



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(only \$5 for pdf)

"In this book you will find a wide array of fascinating stories, showing the width and depth of what can be accomplished with guided imagery. Whether it is to heal, achieve optimal performance or to live a life rich in joy and love, mental imagery is the key; through reading these stories you will gain invaluable insight concerning ways to enhance and enrich your own life experience."

- Emmett Miller, MD
Author, *Deep Healing*

Listen to an Actual Guided Imagery Session



Click to Listen

The experiential session on this MP3 illustrates an Integrative Imagery technique called Accessing Inner Strengths. The session was recorded live with a student as a demonstration during a practicum phase of Beyond Ordinary Nursing's Certificate Program in Imagery. The students then break out into small groups for the day to practice the imagery technique of the day.

The MP3 includes the 3 main structural principles of the [integrative imagery model](#): **assessment, intervention (imagery) and evaluation**. Once learned in this 30 minute form, imagery guides may then apply the principles to anywhere from a brief intervention to a full session that can be used in private practice.

Accessing Inner Strengths is one of the eight guided imagery techniques of the [Certificate Program in Imagery](#). This session clearly shows how an imagery guide holds sacred space, assists the client/patient to be an active participant in their own healing and disease prevention.

More Book Reviews

"Susan Ezra and Terry Reed's book is profound and moving. It allows us to understand the deeper wisdom and compassion in our own life journeys and in the stories of others. Pearls of wisdom are shared to nourish our soul and the soul of our loved ones in all aspects of healing. There is reassurance that healing can happen at any time."

- Barbara Dossey, Ph.D, RN, AHN-BC, FAAN

Author, Florence Nightingale: Mystic, Visionary, Healer and Holistic Nursing: A Handbook for Practice

"Based on accountable real life experiences, the real power of this book about guided imagery is, paradoxically, its clinical reality."

- Tak C. Poon, MD, FACC Founder of the Integrative Cardiac Prevention Program and the Integrative Metabolic Weight Program

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