

## Mp3 Alysa Zalma, M.d. - Bodyimagery



[DOWNLOAD HERE](#)

A Collection of three 19-minute Guided-Imagery music meditations designed to transform your relationship with your body and with food to help you lose the weight of your body and gain the power of your voice. 4 MP3 Songs in this album (62:48) ! Related styles: NEW AGE: Healing, NEW AGE: Meditation People who are interested in Kitaro Deva Premal Deuter should consider this download.

Details: BodyImagery is a Collection of three 19-minute Guided Imagery experiences created by Oregon Psychiatrist Alysa Zalma, M.D., who specializes in the treatment of obesity and eating disorders. This Collection will transform your relationship with your body and with food in ways that are mindful, exciting and novel. BodyImagery combines western medical expertise in Psychiatry and eastern holistic healing arts to achieve healthier bodies and minds. Drawing on the knowledge of many studies that have shown how meditation and music deeply affect the brain, Dr. Zalma offers in BodyImagery a union of the Guided Imageries with the music of Grammy award-winning composer Kitaro, Japans master of New Age soundscapes. These unique Guided Imageries will allow you to incorporate a greater realization that what you hunger for is not about food. Bringing the East into the West in terms of our collective understanding of medicine can bring resolution to the conflicts that keep us in the space of obesity and disordered eating. It also offers promise to heal the experiences of our bodies that seem unsolvable. The experience to heal and to change is accessed through BodyImagery as you, the listener, co-creates with the voice of Alysa Zalma, M.D. and the music of Kitaro to create your own BodyImageries. These BodyImageries may be different each time and may become more powerful with each use. Alysa Zalma, M.D. is a Board Certified Psychiatrist by The American Board of Psychiatry and Neurology who has been studying and treating men, women, adolescents and children with challenges relating to eating and eating wellness since 1993. She has worked and studied in inpatient and outpatient eating disorder treatment centers, in

outpatient psychiatry clinics, and in her own obesity and eating disorder outpatient psychotherapy treatment groups on two coasts, through Tufts New England Medical Center, Harvard Medical School, Oregon Health and Sciences University and through her own private practice and her own psychotherapy groups in Portland and Lake Oswego, Oregon. She received her M.D. from Tufts University School of Medicine in 1997. She completed her Internship at Harvard Medical School in 1999 and completed her Residency concurrently with accompanying her family to Oregon at the Oregon Health and Sciences University in 2002. To a weight obsessed culture in which we feed on an unhealthy diet of body anxiety and self-scrutiny, BodyImagery brings a welcome gift of healing and liberation. Gently moving awareness from outside to inside, the Guided Meditations and flowing music encourage listeners to inhabit their bodies with a deep and powerful sense of integration. For those who struggle from the pain of disordered eating and body shame, for those who seek to help them, and for just about anyone who wants to reconnect with the true lightness and joy of just being. Emily Fox-Kales, Ph.D., Founder and Director, Feeding Ourselves, Department of Psychiatry, Harvard Medical School; and author of the forthcoming book Body Shots: Hollywood and the Culture of Eating Disorders.

[DOWNLOAD HERE](#)

### Similar manuals:

[New Age Healing Music For Chillout. Relaxation. Meditation. Yoga. Tai Chi. Reiki. Deep Massage. Spa. Zen. Spiritual Rituals. \(MP3 Album\)](#)

[New Age Healing - Royalty Free Music](#)

[MP3 Meditations For Life - Christ New Age Meditation](#)

[MP3 In Color - In Color \(the Lamp Album\)](#)