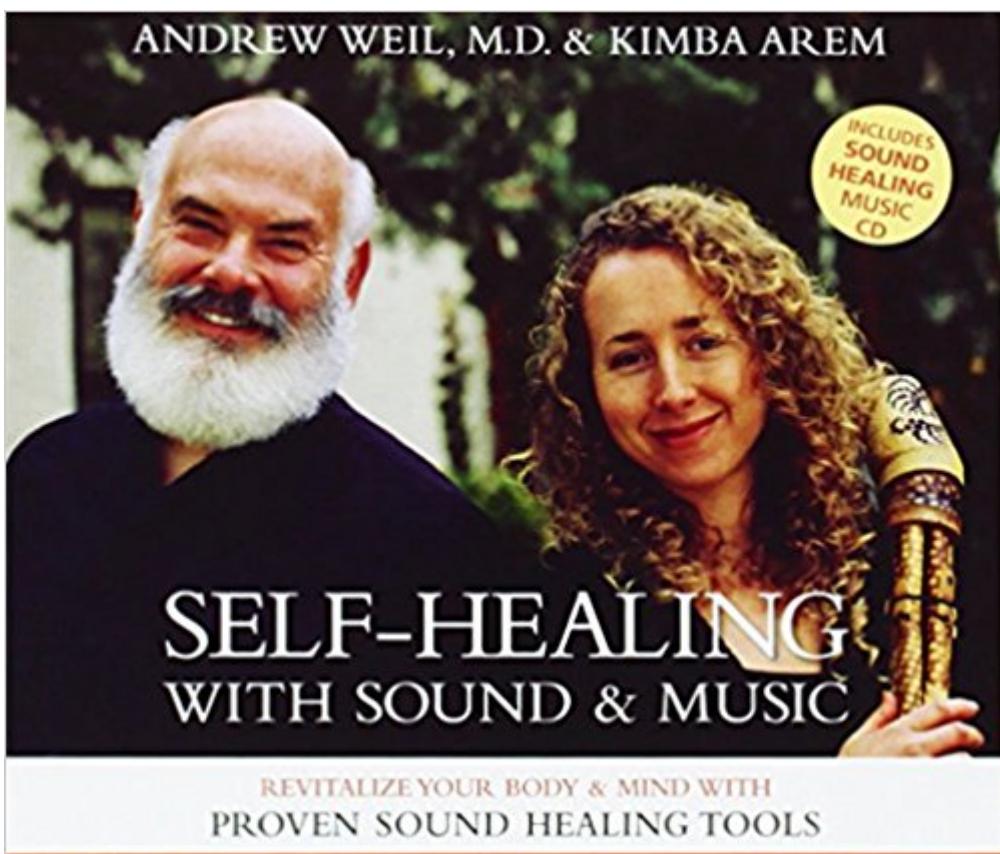


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# Self-Healing With Sound And Music: Revitalize Your Body And Mind With Proven Sound-Healing Tools



## Synopsis

Sound therapy has been found effective in treating a surprising range of health challenges including heart disease, arthritis, stress, emphysema, and more. On *Self-Healing with Sound and Music*, bestselling author and physician Dr. Andrew Weil teams up with sound therapist Kimba Arem to offer listeners a powerful new tool for healing in two sessions. In Session One, Dr. Weil discusses the latest in medical research that demonstrates how music heals the body and mind, while Kimba Arem teaches breathing and vocalization techniques for harnessing this potential. Session Two gives listeners just the music: a complete sound journey into expanded states of consciousness optimized for healing. Through an integration of ambient beats, natural sounds, indigenous and classical instruments, and a state-of-the-art recording process called Holophonic™ technology that creates a three-dimensional healing space, listeners experience prescription-strength music with the power to influence every system of the body. Useful for relaxation, meditation, bodywork, or creative endeavors, *Self-Healing with Sound and Music* features didjeridoo, Native American and Celtic flutes, Tibetan and crystal bowls, keyboards, and voice.

## Book Information

Audio CD

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Product Dimensions: 5.7 x 0.5 x 5 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 56 customer reviews

Best Sellers Rank: #256,645 in Books (See Top 100 in Books) #18 in Books > Books on CD > Health, Mind & Body > Fitness #42 in Books > Books on CD > Music #94 in Books > Books on CD > Health, Mind & Body > General

## Customer Reviews

Andrew Weil Andrew Weil, MD, is a world-renowned leader and pioneer in the field of integrative medicine, a healing-oriented approach to health care which encompasses body, mind, and spirit. He is founder and director of the Arizona Center for Integrative Medicine (AzCIM) at the University of Arizona Health Sciences Center in Tucson, and director of Integrative Health & Healing at Miraval Life in Balance Resort in Tucson. Dr. Weil's bestselling books include *Spontaneous*

Happiness, Eight Weeks to Optimum Health, and Spontaneous Healing, and his popular audio programs with Sounds True include The Healthy Heart Kit and Breathing: The Master Key to Self-Healing.Kimba AremKimba Arem is an international recording artist whose eight CDs include Peace Journey and Creation's Overtone. Classically trained in piano and flute, she holds a BS in molecular and cellular biology, and has developed a unique form of sound therapy that incorporates Reiki, Taoist Chinese medicine, light and sound technology, herbology, and aromatherapy.

Amazingly healing music. Takes you deep into rest and brings you back out again. Highly recommend. Relieves any stress, tension or anxiety.

I LOVE this entire CD. It is great for practicing or teaching yoga, meditation, massage, or just as background ambience.

Forget your troubles and escape to a wonderful garden of musical enchantment.I've used this for years to put myself to sleep at nite, and use it again in the middle of the nite if I awaken.I've given it as a gift to my insomniac pals.Forget the lecture CD. The music CD is a wonderful journey through all kinds of music, includingdigeridoo, flutes, piano, birds and whales singing - and much much more...

Accurately described presentations. Delivered in timely fashion.

I LOVE THIS CD!!! It is pleasant to listen to and soooooooooo relaxing. You can feel the tones in your body - - - I have no doubt that it has a healing effect. I WOULD ABSOLUTELY PURCHASE THIS CD AGAIN!!!!!!

Having had a very very positive experience with this CD when my husband was ill several years ago, I've been buying them for friends facing medical crises since. This is my fifth gift purchase, this one for a sister who is dealing with stage 4 gastric cancer. It's been quite helpful as she deals with the effects of her treatments, during and after week-long chemo sessions.

Unlike some of the other reviewers who didn't find the first of the two discs very helpful, I find both discs excellent for different reasons. The explanations and demonstrations offered by Dr. Weil and

Kimba Akem in the first disc provide the kind of framework I appreciate for understanding the context of the music.

Good but a little disappointing. Expected more.

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