

**Health Journeys: Power Over Smoking (Recovery  
Health Journeys Series) By Belleruth Naparstek**

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~ Belleruth Naparstek, Time Warner Health Journeys guided imagery audio series. the creator and Series Editor of the WW Norton 8 Keys to Mental Health Series.

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into the far country of power of the imagination to effect health and healing. So I was open to using a program in the Health Journeys series developed by

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