



# Thirty Scripts for Relaxation, Imagery & Inner Healing, Vol 2

*Julie T. Lusk*

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## **Thirty Scripts for Relaxation, Imagery & Inner Healing, Vol 2** Julie T. Lusk

Volume 2 of 30 Scripts for Relaxation, Imagery & Inner Healing offers a wide variety of guided meditations to help people relax deeply, lose weight, quit smoking, connect with nature, manage physical pain, and converse with their inner, personal guide. The scripts were developed by experts in the field of guided imagery. Editor, Julie Lusk, provides clear instructions for group leaders and therapists.

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