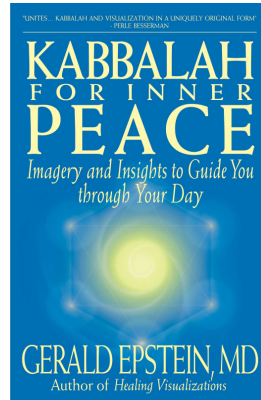


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Publication Date: October 2009

Kabbalah for Inner Peace:
Imagery and Insight to Guide You through Your Day
A BRAND NEW TITLE BY GERALD EPSTEIN, MD



ACMI Press, trade paperback, \$20.00, 176 pages ISBN: 978-1883148-08-9

Based on the mystical Jewish tradition of Visionary Kabbalah, **Kabbalah for Inner Peace: Imagery and Insight to Guide You through Your Day** offers exercises for awareness and balance that anyone can perform at any point during the day. Dr. Epstein, an expert in the field of mental imagery and integrative medicine, explains how the healing power of the invisible, imaginal realm is the vehicle through which we can bring dramatic and positive change into our lives to help us heal, evolve, and move toward a more spiritual existence. From the time we awaken in the morning until we fall asleep at night, each of us faces the multiple challenges of daily existence. As we cope with these challenges, we worry about deadlines, jobs, chores, children, spouses and our own health. The “anxiety, pain, self-doubt, indecisiveness, regret and other imbalances that we experience daily, both from without and within, contribute to our emotional, mental and physical suffering,” says Dr. Epstein. Encompassing a 24-hour day, this book begins with imagery exercises to bring freshness to our day and ends with exercises that allow us to fall asleep more easily and peacefully. With an emphasis on balance and patience, the sixty exercises in the book delve deeply into the underlying imbalances that reflect our pain and anxiety.

Dr. Gerald Epstein is a physician and pioneer in the use of the mental imagery to heal mental and physical ailments. His groundbreaking book *Healing Visualizations: Creating Health through Imagery* (Bantam) established Dr. Epstein as one of the foremost authorities on the Western Spiritual healing tradition. He resides in New York where he teaches and maintains a private practice. *Kabbalah for Inner Peace* is Dr. Epstein’s sixth book.

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