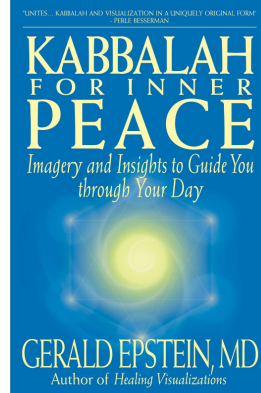


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A New Book from Gerald Epstein, MD

Publication Date: October 2009



Kabbalah for Inner Peace: Imagery and Insight to Guide You through Your Day

Based on the mystical Jewish tradition of Visionary Kabbalah, Dr. Gerald Epstein's new book, **Kabbalah for Inner Peace: Imagery and Insight to Guide You through Your Day** (ACMI Press, October 2009, trade paperback; ISBN: 978-1883148-08-9, \$20.00, 176 pages), offers real-world exercises for awareness, answers and balance that anyone can perform, anywhere, 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 everyday 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. We also struggle with our "inner terrorists" - the habitual attitudes, beliefs and feelings that will continue to enslave us until we properly recognize, confront and conquer them. "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 create our pain and anxiety. By practicing the imagery in this book, readers learn, grow and benefit from their challenges.

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.