

Crossing the Bridge to Health: A Creative and Symbolic Journey
Penny H. Baron, PhD

A Spoken Audio CD

Here is a brief list of potential uses. I believe this CD may benefit you in many important ways, both personally and professionally.

- * *Use at work.* The guided imagery and creative exercises on my CD are designed for reaching out to a wide audience, individually and in groups, with no previous art experience necessary. Whether you are employed in a hospital, rehabilitation center, nursing home, mental health clinic, or in private practice helping people with different health issues and problems, this CD will adapt well to those varied environments.
- * *Use the guided imagery* *Crossing the Bridge to Health™*. Empower you and your clients when facing different health challenges physically, mentally, emotionally, and behaviorally. This imagery process focuses on gaining insight and understanding, assisting individuals on their healing journey with conditions as diverse as (for example) insomnia, weight loss, stress, cardiovascular problems, chronic pain, and cancer.
- * *Use for self-renewal*, nourishment, and inspiration. Enhance your own health and well-being, which is so essential for all of us as helping professionals. Listen to Dr. Penny H. Baron's personal story of healing and building 'nine pillars' for health. Hear how her dreams and artwork became a central part of healing and recovering from illness.
- * *Use to create resilience.* The guided imagery and exercises on this CD give individuals easy to use tools that move them in the direction of self-empowerment and away from feelings of helplessness, anxiety, and depression. Directions are given to set specific health goals and enhance one's commitment for reaching these goals.
- * *Use and share* with family members and friends confronting health challenges. Think of my CD *Crossing the Bridge to Health: A Creative and Symbolic Journey* as part of a support system waiting in your audio library, like a good friend who is there to help.

In summary, for whatever reason you may be planning to use my spoken word audio CD *Crossing the Bridge to Health: A Creative and Symbolic Journey*, personally or professionally, I invite you to visit my web site <http://www.pennyhbaron.com/> for further information, ordering and purchase details. There you can hear the opening minute and a half of the introduction to this CD, giving you an overview of the entire audio program. I am excited to share this creative work with you. Please feel free to contact me with any questions.

Yours in creativity and health,

Penny