

Mp3 Jane Pernotto Ehrman - Minute Meditations: Guided Imagery Meditations To Relieve Stress & Enhance Wellness

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8 tracks of guided meditation with soothing background music, to relieve stress, transform energy, deepen relaxation, release fatigue and discomfort, quiet the mind and enhance sleep. 9 MP3 Songs NEW AGE: Meditation, NEW AGE: Relaxation Details: Jane Pernotto Ehrman, M. Ed., CHES has a Masters of Education in Health Education, from Pennsylvania State University, with an emphasis on Mind/Body Medicine. Her undergraduate degree is in Health Education, from Youngstown State University. She is a Certified Health Education Specialist, a National Board Certified Diplomat in Clinical Hypnotherapy and certified in Interactive Guided Imagery (sm) from the Academy for Guided Imagery. Jane completed Post Graduate course work at Case Western Reserve University and Rainbow Babies and Childrens Hospital, Dept. of Child and Adolescent Behavioral Medicine, Cleveland, OH. And training at The Harvard Mind/Body Medical Institute in Boston, MA, and the Academy for Guided Imagery in Malibu, CA. Jane is a national health consultant with 30 years of experience in health and wellness event planning, and program development. She has been a consultant, to The Cleveland Clinic and University Hospitals in Cleveland, OH to integrate Mind/Body Medicine into their medical departments. She is a research consultant to several universities, in Ohio, in the area of Mind/Body Medicine. Janie has published a series of guided imagery CDs for a variety of health issues. Several have been used in research with very favorable outcomes. She is a frequent lecturer at the Case University Medical School, teaching Mind/Body Medicine to first and second year medical students. As an international speaker, Jane presents in clinical, lay, and retreat settings on a variety of topics including cancer recovery, stress management, women and wellness, spirituality, and mind/body medicine. Jane is the Mind/Body Coach at The Cleveland Clinics Center for Integrative Medicine in Broadview Heights, Ohio, practicing there since the Center opened in September 2004. In her practice, her focus is to help clients turn crisis into opportunities for healing and personal growth. Jane works with adults and children on a variety of issues, including: Child birthing and high-risk pregnancy, cancer treatment and recovery issues, chronic fatigue

syndrome, lifestyle changes, life transition issues, pain management, performance anxiety for students, musicians and athletes, stress-related illness and conditions (headaches, irritable bowel, insomnia), and preparation for surgery. Janes own experience with breast cancer, 19 years ago, profoundly shaped her view of life in positive and powerful ways. She candidly shares her insights with high energy and humor. She resides in Berea, a suburb of Cleveland, Ohio with her husband Jim. They have three grown children, Sarah, James A. and Mark. Jane loves walking, snow skiing and considers chocolate an attitude-enhancer. People who are interested in should consider this download.

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