

Mp3 Daphne Lapointe - Sound Sleep Now

[DOWNLOAD HERE](#)

Audio recording to help you relax and sleep, utilizing three proven relaxation techniques (guided relaxation, deep breathing, and guided visualization) to help reduce stress and maximize your chance for sleep. 14 MP3 Songs in this album (48:34) ! Related styles: NEW AGE: Relaxation, NEW AGE: Self-Help

People who are interested in Enya Karen Carpenter should consider this download. Details: Are you tired of being tired? Would you like to be able to exhale, relax and fall into a deep and peaceful sleep? The Sound Sleep Now recording is designed to aid in doing just that. The most soothing female voice on the Internet utilizes three proven relaxation techniques (guided relaxation, deep breathing, and guided visualization) to help reduce stress and maximize your chance for sleep. These techniques, in combination with familiar soothing sounds and lullaby versions of a few classic songs, such as Over the Rainbow and Count Your Blessings, all work together to create a calming backdrop conducive to sleep. Forget the sleeping pills. Put down the book. Turn off the TV. If youre tired and you cant sleep, just close your eyes, listen to the Sound Sleep Now recording, and give yourself the opportunity to get a good nights sleep

[DOWNLOAD HERE](#)

Similar manuals:

[5 New Age Relaxation Audios MRR](#)

[New Age Relaxation - Royalty Free Music](#)