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Sleep

By David Ison

Sounds True, Incorporated. No binding. Book Condition: New. Audio CD. Dimensions: 5.4in. x 4.9in. x 0.1in. Fall Asleep Easily and Naturally. Clinically Proven--Over Half A Million Users. Dont Spend Another Night Tossing and Turning. This breakthrough musical recording has been proven at the National Institutes of Health to help you relax deeply and quite your mind. You will feel the effects almost immediately as layers of tension away and you drift off to deep, restful sleep. Get the sleep you need WITHOUT medication. The Ison Method of deep relaxation through music was developed by David Ison during thirty years of research and exploration. It is utilized by some fo the most prestigious medical in the country including Bethesda Naval Hospital, San Diego Childrens Hospital, the NIH, and The Scripps Center for Integrative Medicine. The United States Military is currently testing this music as part of a program designed to help soldiers in Iraq sleep more soundly. The more we use David Isons music, the more we are convinced of its clinical effectiveness. --George Patrick, PhD, Chief, Rehabilitation Medicine Department, National Institutes of Health, Bethesda, Maryland. How to use the Ison Sleep System. Turn this CD on right before going to bed....


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