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DEEP HEALING SLEEP CD: Deep Relaxation, Guided Imagery Meditation And Affirmations Proven To Help Induce Deep, Restful Sleep



Synopsis

With Nancy Hopps' award-winning soothing voice and professional, heartfelt delivery, you will drift into a deep, healing sleep you so richly deserve. Most people report never getting to the end of the CD! What some might call hypnosis relaxation, sleep hypnosis, or self-hypnosis techniques, the well-designed guided imagery, deep breathing and relaxation techniques and a beautiful sequence of simple affirmations -- have distinguished this CD as one of the most effective non-prescription sleep aids on the market. The various relaxation processes and inspired guided journeys on this 60-minute CD sequentially facilitate ever-deepening relaxation and sleep to

- * Deeply relax the body
- * Calm an overactive mind
- * Release emotional stress and anxiety

Suitable for all ages, this popular guided imagery CD includes an in-depth 16-page booklet with simple, effective suggestions on how to sleep. Whether you're dealing with an ongoing sleep disorder, or temporary sleep problems or insomnia due to

- * Emotional stress
- * Menopause symptoms
- * Acute or chronic pain

Or other sleep deterrents or sleep-disturbing conditions This CD is said to have been

- * "Lifesaving!"
- * "The only thing that saved my sanity."
- * "An invaluable natural sleep aid."
- * "The best gift I ever bought myself!"

Nancy gently and lovingly leads you to facilitate deep mind-body relaxation to obtain the deep, healing sleep you deserve.

Book Information

Audio CD

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Average Customer Review: 4.5 out of 5 stars 15 customer reviews

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[Self Help](#) #673 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#)

Customer Reviews

ENDORSEMENTS FROM LEADERS IN THE FIELD "Nancy's work is very impressive. Material of this quality and integrity is rare. I recommend it highly." Jack Canfield, author of *Chicken Soup for the Soul* and *The Success Principles: How to Get from Where You Are to Where You Want to*

Be" Nancy's CDs are well-done self-help tools for relaxation, affirmation, and healing... (and Nancy, keep on inspiring life!)." Bernie Siegel, M.D., author of *Love, Medicine and Miracles* and founder, ECaP (Exceptional Cancer Patients) Center "I highly recommend Nancy's work as an excellent foundation for health and healing. Her warm, soothing voice, the peaceful music, and the skillful suggestions make her guided relaxation and imagery CDs among the very best." Joan Borysenko, Ph.D., author of *Minding the Body, Mending the Mind*, and *Fried: Why You Burn Out and How to Revive* --.ENDORSEMENTS FROM THE MEDIA "Nancy Hopps has the perfect relaxation voice to lead you into what could be the best moments of your day. Nancy's clear, comforting voice teaches you how to relax through a variety of breathing, sensory, and imagery techniques, with positive affirmations. The music sets just the right tone to zone into relaxation mode." NAPRA ReView "Proven de-stressors..." Redbook Magazine "Nancy Hopps has a steady, reassuring style that encourages the listener to trust the innate wisdom of the body and breath." Yoga Journal Nancy Hopps' recordings are a must if you're serious about relaxing, healing, and affirming your inner being. They are unique and beautifully done." Magical Blend Magazine --.

NANCY HOPPS is an award-winning, internationally recognized author and speaker, a heart-centered healing and performing artist. Her *Relax Into Healing* series of audio recordings has profoundly benefited thousands of listeners worldwide in home, hospital, and other healing settings. Nancy brings more than 30 years of professional experience in mind/body/spirit healing, along with a wealth of personal insight, to her highly acclaimed recordings and live presentations. She is a cancer survivor whose private client work addresses a range of issues, from general stress management and anxiety to more specific issues such as anorexia, RSD/CRPS, chronic pain, cancer, and depression, as well as life coaching and spiritual mentoring. Nancy developed and recorded the relaxation segments for the interactive CD, *Living With Breast Cancer* (funded by the National Cancer Institute), as well as *Coping With Depression* and *mPower Wellness Workshop*, funded by the National Institute of Mental Health. She was instrumental in developing and implementing the stress-management elements of an NIH-funded project that studied the effects of lifestyle changes on post-menopausal women with Type 2 diabetes. Through her warm, accessible style, Nancy continues to touch many lives in nurturing, powerful, and often life-changing ways via her live presentations, individual healing work, and highly effective recordings. Her award-winning *Relax Into Healing*TM series is praised by leaders in the field of mind/body/spirit healing and has received acclaim from publications ranging from *Reader's Digest* to *Yoga Journal*.

I am not sure how one can fall asleep when the person on the tape spends a good deal of the time explaining why we have a hard time falling asleep. Personally I like soft music, I found it annoying more than helpful.

very good - I fall asleep in minutes and wake up feeling great

It helps. It usually puts me to sleep in no time at all.Gloria

Love, love, love this. I use it so often, when I wake up and can't sleep at night. HIGHLY recommend it!

Effective. Simple. Background music helps a lot

This is the second CD I purchased by the same author. I use this one every night. I have a few CDs by different authors that I listen to. I have downloaded them to my cell phone and I play them all night long every night. Her voice is so soothing that I go within myself to do a deep relaxation of my whole body. If I wake up her voice eases me back into sleep. Nancy uses a mix of ways to guide me into relaxing my whole body. She helps me calm my overactive mind, release stress and emotions with guided imagery, deep breathing techniques and positive affirmations. This is a 60 minute CD designed to you can listen to it in a sequential flow or you can choose a favorite section to facilitate deep relaxation and sleep. I personally listen to the whole CD every night. This CD is one of the few ways I can shut down my mind and relax my whole body at night so I can sleep. Everybody needs and deserves a good night's sleep; some of us have to work a little harder to get the much needed sleep. This CD helps us along the way and smoothes the trip into deep sleep. She includes an in-depth 16 page booklet with simple effective suggestions on how to sleep. I received this product at a discount or free for an honest and unbiased feedback.

Insomnia Stinks! I can feel myself going to sleep, my eyes start closing and then I remember something I need to do, something I am worried about and that opportunity to sleep just seems to flutter away and I am met with frustration with further impeded my ability to sleep. I hate to admit that I a retired therapist and actually used to teach people these methods of relaxation. I could focus myself and be asleep easily in ten minutes but like any skill if you don't keep them sharp they fade away. This DVD has been effective at helping me rehone my skills to relax and allow myself to

sleep. I use the deep relaxation section as it takes us through muscle group by muscle group to help us relax. This helps me focus. By hearing her voice I can keep my attention on her. I would say to folks and like anything else this takes work. If you find your mind wandering initially, don't worry about it, just refocus and return to the process and each day will get a little better. The voice and the music are the keys to good relaxation assets and this has both. I really like this and it has been beneficial for me. The sleep healing story is helpful as are the tips to good sleep habits. I received this product at a discount for my fair and honest review. I have done exactly that. I will recommend this to friends and family and actually bought another one for my son.

I was amazed at how well this worked after suffering from insomnia for a long time. In concert with some changes in diet and exercise (which the booklet suggested, and I had already made changes, such as no caffeine daily and no food after 9 p.m.), this CD has an hour of tracks (voice and music, and just music) of varying length, which I mixed and matched, as the booklet suggested, to create different playlists that gave me varying lengths to listen to at bedtime. For variation, I also have used "Relaxation/Affirmation Techniques" and the techniques on this one for my daughter: "Relax Quick!: Simple, Effective Relaxation Processes You Can Do in Moments...Anytime, Anywhere!". What I liked about the CDs overall is the research that went into the methods. After lots of research on the Internet, I found that the Deep, Healing Sleep CD and the others in her series compile in one place the many techniques that are recommended and found individually elsewhere. But here they are, all in one place.

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