

I WAS SUFFERING FROM
FAR TOO REGULAR MIGRAINE HEADACHES.
A VISIT TO THE DOCTOR CONFIRMED
STRESS TO BE THE CAUSE. HE ADVISED
REGULAR EATING AND SLEEPING ~~SCHEDULE~~
SCHEDULES, AND "DON'T STRESS OVER
THINGS OUT OF ~~THE~~ ^{YOUR} CONTROL". RIGHT...

MONTHS LATER I SPOKE WITH
DENNIS PARKER ABOUT MY HEADACHES,
AND HE TOLD ME ABOUT HIS ~~CD~~
HYPNO THERAPY CD. I DECIDED TO
TRY IT OUT. A ^{FEW DAYS} ~~WEEK~~ LATER I