

NOTICED A LACK OF HEADACHES. THIS CONTINUED FOR MANY WEEKS, AND I FIGURED I WAS CURED. I LISTENED TO THE CD LESS AND LESS, THEN A WORK SCHEDULE CHANGE REMOVED MY NORMAL LISTENING TIME. I STOPPED LISTENING ALTOGETHER. IN LESS THAN A MONTH, THE MIGRAINES WERE BACK. I HAVE AGAIN MADE TIME TO LISTEN TO DENNIS' CD, FOLLOWING THE BREATHING ROUTINE, AND FINDING "WHITE" TO BE COMFORTING AGAIN. THANK DENNIS
- JEFF BOTTWA