

Dear Mr. Parker

I am writing you in response to the inspiration your CD on self esteem has been to my 17 year old niece and I. My niece moved in with me after being misplaced from several other homes. She felt as though she was at the end of her rope, with no place else to go. I let her move in under some very strict rules and guidelines. One was that she begins listening to your CD on self esteem. She had been having trouble sleeping and was very cranky in the mornings. Not much joy to be around. I explained to her that I wanted her to give your CD a try for at least one week, and if she felt it was not helping her she could stop. Since she began listening she has slept better than she has ever slept in her life. She tells me that her stress level has dropped to almost none. I can see several changes in her, all are very positive. She has started dreaming of her Olympic dreams again, and is working hard to once again get back to the shape that will some day get her there. She has gone on to finish her schooling and is currently employed. Her life has done a complete turn around. She refuses to go to sleep with out the CD in, and tells me that when she moves out that she would like to take it with her. I of course told her she will have to get her own.

Thank you for making a difference in the lives of so many.



Sincerely
Sherrie Stokes