

Dear Mr. Parker,

I am dropping you this note too thank you, I have been listening to your CD's for several months now and would not go to sleep without them at this point in my life. I started listening to your self esteem CD and found it so helpful in not only creating a happier frame of mind for myself, but for my Niece as well. After seeing the turn around in her I decided to try your weight loss CD, since I began it 4 months ago I have dropped 25 pounds, I don't have cravings for those comfort foods any more. My life is heading in a far greater direction today than when I first started your course. The positive attitude that I have found in myself I owe partly to you. I am getting married in the spring and I know today I have the confidence to put on that "white" dress and feel as beautiful in it as I will be. My self esteem and my determination to get to the size I want to be for this wedding grows stronger everyday.

Again thank you.

Sunshine and smiles
Sherrie