

Dennis

I have been using the Weight Loss tape for 6 months and have lost 33 pounds. The positive feelings and energy that I have received from this tape is like nothing I have ever done before. All the diets in the world will not help if you don't have the right mind set. Just being able to push the CD button follow the instructions and then go off to sleep, this seems so simple. I thought so to but believe me it works. Our minds are powerful things so I hope you use yours to the fullest like I have done.

My family has been listening to the Self Esteem tape nightly for about 1 year. The thought of going to sleep at night without having this tape on is just not thinkable. My 11 year old Granddaughter can just about tell you every word but still will not go to bed without it. Dennis Parkers voice on the tape is just a huge part of our family's nightly ritual. We are all thankful for the better sleep and the calmness this tape has brought into our lives. It never ceases to amaze me that after 1 year we all still get so much out of listening to this in our sleep.

From
Dennis