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Resiliency for Life
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Via email May 8.08

Hello Michael:

It's been several months since I purchased a copy of Imagine Yourself for my son and the family. I'd promised you feedback on the programs. Well after several months as a Mother here are my thoughts. ***"Since starting my son on the Imagine Yourself Program he has learned to calm himself and prepare himself for sleeping. The program has been a blessing in our house! He asks for his "music" every night."***

My son Adam said, *"I like my music (Imagine Yourself programs) because it helps me relax."*

So there you go Michael, *these programs really do help children get a handle on relaxing.*

Regards,

Kimberly A. Bell, M.S., CCC-SLP
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