

April 21, 2006

Resiliency for Life  
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**Re: Imagine Yourself to Sleep Program Review - Be a Bird**

Dear Michael:

Thank you so much for taking the time to send us this wonderful program. My children complained after the first two nights.... "Did you like the new CD?" I asked. Their unanimous chorus of "No" took me back, as I had assumed the quiet rooms the last two nights meant otherwise! "Oh," I said "I thought they were good?" "Yes, that's the problem" was the answer. "Huh?" "We didn't get to even hear the music or the rest of the story! We fell asleep too fast!!" "Are there any other CD's like this one? Can we buy more?"

So, in answer to your questions, **as parents, we love the program.**

My kids generally have a hard time relaxing at night, as 2 of the 3 daughters suffer from AD/HD and the 3rd daughter is gifted and has struggled with insomnia, due to her active mind, as well as sleepwalking. I have always played soft classical or nature sounds to help them fall asleep. This program, however, utilizes their own active imaginations to assist them in relaxing and falling asleep. They seem to fall asleep quicker, sleep deeper and be a bit cheerier in the mornings. I find it relaxing myself to listen with them some nights. The voices are so soothing. The quality of the CD is good and the exercises are simple, yet effective. The appropriate nature sounds to fit the narrative, i.e. the sound of wind when you are supposed to be a bird soaring, really help for visualization.

My youngest, age 8, suffers from severe ADD and often at the end of a long, strenuous school day, has terrible "meltdowns" when we arrive home. Last Tuesday, first day back post long weekend, she was completely out of control, screaming and crying as we arrived home, after grabbing a bite for supper and dropping her sisters off at extracurricular activities. I carried her to her room, helped her put on her PJ's, snuggled her still crying in her bed and then put on the 'Imagine You Are a Bird' CD. I softly encouraged her to listen and follow the instructions while we lay side by side on her bed. She still snuffled a bit, but calmed down fairly quickly and fell asleep not too far into the CD. What a relief! Sometimes a "meltdown" can last for quite some time and spills over to everyone in the household. What an excellent resource for those of us already over-extended by everyday demands. I would recommend it to other parents of children suffering from behavioural difficulties.

Thanks so much again, Michael. We really appreciate you thinking of us for this trial and we would love to purchase another CD in the series.

If you need anything further or more detailed, let me know.

A. Chapman and. T. Chapman  
Address withheld by request.