

August 6 2007

Resiliency for Life
Michael Ballard
640 Sheppard Ave. East
Suite 303
Toronto ON M2K 1B8

via email August 6 2007

Hello Michael:

I am the mother of three children ages 6, 8 and 11 years of age. My oldest son was diagnosed with Aspergers Syndrome when he was five years old. Along with Aspergers he also has been diagnosed with ADD and Oppositional Defiance.

The Imagine Yourself program have been really helpful for all my children but especially my oldest son. He likes to listen to them at night before he goes to bed. He loves the one about the horse. That is his favorite and he listens to that one mostly. He likes to bring his cd player and listen to the cd's on long car rides as well. He is going to a new school this year and I feel like it will be stressful on him. Especially at the beginning so I am going to send them to his teacher along with some of his other stress relievers he has. I had sent these cd's to his old school with him. His previous teacher and the rest of the kids all seemed to enjoy them as much as my son does.

They have been **very helpful and relaxing for my oldest son** and his brother and sister seem to enjoy them as well..... whenever he lets them listen to them.

Thank you so very much.

Sincerely,

R. O.
address withheld upon request