

August 31, 2007

Resiliency for Life

Michael Ballard

Suite 303,

640 Sheppard Ave. East

Toronto ON M2K 1B8 Canada

www.ResiliencyForLife.com

Via email August 31 2007

Hello Mr. Ballard:

Be A Cat and Be A Horse are both excellent and effective. They get you started with simple relaxation techniques, which I found very helpful, even by themselves. The visual and calming narrative gets you to imagine peaceful things, which I found it very stress-relieving. This CD helped me to relax and get a better nights sleep. I think anyone who is stressed could benefit from listening to it.

Bye,

M,

Grade 12 high school student

Name and address with held upon request

Ontario, Canada