



***In Praise of
Roberta Shapiro, M.ED., LCSW, and The Calming Collection ...***

Awards & Honors



“Ranked No. 6 New Age Album” – *Billboard Music Chart 2012*

“Featured by Mamiverse Magazine” – *Mamiverse Team 2011*

“Featured by Woman’s World Magazine”—2009 (by Gabrielle Lichterman)

“Featured by Woman’s World Magazine” – 2008 (by Gabrielle Lichterman)

MEDICAL

“I found The Calming Collection to be an excellent sleep aid for my patients with chronic insomnia. I highly recommend it to all of my insomnia patients.”

- **Gregg L. Friedman MD, Board Certified Psychiatrist, Hallandale Beach, Florida**

"What a fabulous sleeping aid by a skilled professional with a wonderful, soothing voice. It trains the mind to the wonderful benefits of meditation and hypnosis and is safer and more effective than any pill."

- **Dr. Carol Weingrod, Diplomate, American College of Psychiatry and Neurology**

"What a wonderful alternative to addictive medications. I loved it. The tranquility of Roberta's soothing voice is extremely relaxing-far better than any sleeping pill."

- **Dr. Nooria Rahmanie, M.D, Obstetrics and Gynecology**

"I'm never without my Sleep Solutions Program. I take it with me everywhere. I'm guaranteed a restful nights sleep even in a strange bed (it's magic on the plane too). Now, when I'm in need of a calm quiet place all I have to do is slip those headphones on and ahhh.....it's detoxification for the mind."

- **Michelle Simon RD LD, Registered Dietician**

"I in turn, am deeply grateful to a real professional for creating something that I get to recommend without a moment's hesitation - what a great gift to give yourself or anyone you really care about knowing that it is a healthy and effective alternative to a peaceful and tranquil night's sleep."

- **Karen Marcus, Managing Director, Kagan & Sharp, Corporate Coaching & Training**

"I love it! An effortless initiation to the magical world of mindful meditation whose effects promote both healthful sleep and anxiety free wakefulness."

- **Dr. Alan I. Jacob, M.D. President, Orion Medical Enterprises**


"The Calming Collection is an integral part of our music repertoire, used to relax our clients during our spa treatments. We use body (our treatments) and mind (Mrs. Shapiro's CDs) to help our clients achieve total bliss. We heavily rely on Sleep Solutions and Goodbye, Worry to bring about total relaxation to our esteemed clients."

- **Michelle Marchande, Bay Harbour Med Spa, Miami Beach, Florida**

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The Calming Collection

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 @ helpwithanxiety