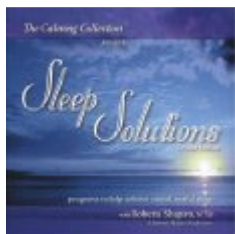


For more information
Contact: rshap33@earthlink.net

The Calming Collection **Background Information**

The Calming Collection (calmingcollection.com) was created by psychotherapist, Roberta Shapiro, a leading specialist in the field of anxiety management, to provide simple, direct solutions for dramatically reducing anxiety through the use of mindful meditation and hypnosis to more rapidly produce deep healing relaxation, profound relief of stress and anxiety and more rapid, lasting achievement of one's goals.

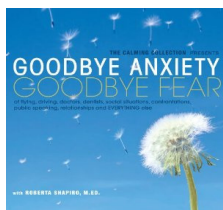
The Calming Collection consists of three guided imagery CDs:



Sleep Solutions: Several techniques are provided, including meditation and hypnosis, which have been found to be highly effective with sleep problems and sleep management. There are three separate programs—one longer, and two shorter programs, depending on which suits your preference. Many choose the longer program for deep sleep and the shorter for return to sleep as well as subliminal relaxation messages. This is also a wonderful CD for general deep relaxation training!



Goodbye, Worries: A series of programs designed to train you to soothe your mind and banish obsessive worries and negative thoughts with hypnosis and meditation.



Goodbye Anxiety, Goodbye Fear: A series of programs designed to give you the power to say Goodbye Anxiety, Goodbye Fear-of flying, driving, doctors, dentists, social situations, confrontations, public speaking, relationships, and EVERYTHING else

The Calming Collection (calmingcollection.com) also provides a free support blog (goodbyeworry.com) as an added tool to help individuals deal with sleep disturbances, excessive worry, fear or anxiety. Roberta Shapiro is also the author of *An Overview of Anxiety, and the Twenty-Seven Best Ways To Deal With Anxiety*. This eBook is also available as a free source at goodbyeworry.com.

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