



Nancy Hopps

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Press/Media Room - Sample Endorsements for Nancy Hopps' Audio Titles

FROM MEDIA PUBLICATIONS:

Relaxation/Affirmation Techniques by Nancy Hopps. Master muscle relaxation and embrace the calm, healing qualities that make this audio program a favorite of stressed-out professionals, parents, students, and children. This simple and acclaimed stress solution can also help you make your weight-loss goal a reality..."

--- **Reader's Digest**, "Hot Picks"

"Proven de-stressors..."

--- **Redbook Magazine**

"Nancy Hopps has a steady, reassuring style that encourages the listener to trust the innate wisdom of the body and breath."

--- **Yoga Journal**

FROM LEADERS IN MINDBODY HEALING:

"I highly recommend Nancy's work as an excellent foundation for bodymind health and healing. Her warm, soothing voice, the peaceful music and the skillful suggestions make her guided relaxation and imagery CDs and tapes among the very best."

--- **Joan Borysenko, Ph.D.**, Author, *Minding the Body, Mending the Mind*

"Nancy's CDs are well-done self-help tools for relaxation, affirmation and healing (...keep on inspiring life!)"

--- **Bernie Siegel, M.D.**, Author, *Love, Medicine & Miracles* and founder, ECaP (Exceptional Cancer Patients) Center

"Nancy's work is very impressive. Material of this quality and integrity is rare. I recommend it highly!"

--- **Jack Canfield**, Co-Author, *Chicken Soup for the Soul*

"Nancy is a gifted healer and artist whose personal and professional experience make her highly-qualified to assist with many aspects of mind-body healing. I'm sure you will find her compassionate guidance healing on many levels."

---**Jan H. Staf**, M.D ., Member, Board of Trustees, American Holistic Medical Association

Nancy Hopps' work is a treasure, as is she! Her meditations, relaxation exercises, and most of all - her beautiful heart - are a gift to everyone who struggles to stay centered and joyful in the midst of life in the 'Modern Age.' I highly recommend Nancy's work to anyone who is working with stress, physical illness, or just a desire to feel more alive, more loving, more connected, and happier."

--- **John E. Welshons**, Author, *Awakening from Grief: Finding the Road Back to Joy*