



Nancy Hopps

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Press/Media Room - Products

We invite you to **Relax Into Healing** with this "heartfelt program of powerful healing tools."

Who uses Nancy Hopps' recordings... and why?

Nancy's work is suitable for anyone, regardless of age or prior experience. Her recordings have earned great reviews and acclaim in a variety of publications, including **Readers Digest**, **Redbook** and **Yoga Journal**, as well as endorsements from leaders in the field of mind-body healing, including **Bernie Siegel, M.D.** and **Joan Borysenko, Ph.D.** She continues to receive letters of thanks and praise from individuals and healthcare professionals across the country.

Many people use these recordings to **learn to relax** in the midst of the ever-increasing pace of life, as an **aid for sleep**, to **clear the mind** and **enhance focus** for work or study, or simply to enjoy the **centered calmness** and resulting **sense of well-being**.

Others use them to assist in **physical and emotional healing**, **childbirth**, or **pain relief**, and to prepare for and recover from medical procedures such as **chemotherapy**, **radiation** and **surgery**.

RELAX INTO HEALING: Cancer - Embracing the Healing Journey

This double CD set provides nearly 2 1/2 hours of guidance, support, practical advice, encouragement and Love. As a cancer survivor and thriver herself, Nancy brings her personal and professional experience in mind-body healing to this unique and valuable recording. This comprehensive program combines deep relaxation with the power of guided imagery and affirmation as it deals with diagnosis shock, treatment choices, decision-making, emotional aspects, being a proactive patient, trusting your inner knowing, enhancing healing and the re-entry process. Clearly created by someone who has been there, Nancy compassionately walks you through the healing journey

with a sense of authority that inspires a deep level of trust, and a warmth that eases the mind and opens the heart. Includes an informative 24-page booklet.

RELAX INTO HEALING: Chemotherapy - A Healing Solution

In addition to her comprehensive two-CD set, *Cancer: Embracing the Healing Journey*, Nancy has created this separate 71-minute CD and 16 page booklet to guide you through the rigors of receiving chemotherapy. Designed to be listened to before, during and after chemo, it helps prepare you for treatment by relieving fears, relaxing the body and helping to anticipate treatment in a positive light, as an ally in your healing process. During chemo, you may use the relaxation, guided imagery and affirmation processes to relax and receive it as a healing solution. After chemo, these compassionately guided processes will greatly assist you in post treatment recovery, soothing and healing of the mind, body and spirit.

RELAX INTO HEALING: Radiation - Removing the Dross

"Removing the Dross" refers to an alchemical process used in refining precious metal by melting away the impurities. This powerful metaphor is used to help receive the radiation in this light as a powerful purification process, an ally in your healing journey. Designed to be used before, during and after treatment, the relaxation, guided imagery and affirmation processes on this 73-minute CD are beautifully designed to help turn an often frightening experience into a tolerable, even welcomed step on the road to full recovery. The masterful use of affirmations and imagery, as well as the heartfelt presentation, make this CD and booklet an invaluable tool to have in any radiation patient's toolkit.

RELAX INTO HEALING: Surgery - Mindful Mending

Once again, Nancy Hopps has taken a difficult life experience, and offered such compassionate guidance that it makes the journey seem less frightening, the outcome one of positive expectancy. The deep relaxation, guided imagery and affirmations on this 72-minute CD, for before, during and after surgery are expertly designed to create the most optimal healing environment, both internal and external. Nancy guides you through the process, as if right there beside you, holding your hand through the tough spots, always encouraging, soothing, and reminding you that this too shall pass, envisioning times of full recovery and radiant health. Proven to improve physiological functions during and after surgery and speed recovery times, these simple techniques are not only soothing, but scientifically sound and presented with genuine warmth and caring as well! Includes an informative 16-page booklet.

RELAX INTO HEALING: Pain - Softening the Sensations

The processes on this CD help you deal with whatever pain or discomfort you may be experiencing, by letting go of tension, resistance, fear, frustration and anger, and embracing the sensation as a communication from your body. In a relaxed state, the experience of pain is reduced by the body's production of endorphins, nature's own pain relievers. Whether chronic or acute, mild or severe, these simple mind-body healing techniques, combined with the incomparable healing power of Love, can make a tremendous difference in managing any sort of pain, while also assisting in the healing process on all levels of your being. By presenting a variety of approaches, Nancy masterfully weaves a tapestry of techniques that creates powerful, immediate results. Her incredibly soothing voice and compassionate guidance make this 74-minute CD and accompanying booklet a must for anyone who is experiencing pain of any sort.

RELAX INTO HEALING: Healing Affirmations & Harp

This 67-minute CD, created by popular demand, is a full-length compilation of the affirmations on Nancy's other *Relax Into Healing* titles. This program is designed to soothe, inspire, and facilitate healing on all levels of your being. Donna Mast's gentle harp sounds once again provide the perfect background for these beautifully written and delivered affirmations. Appropriate for any healing journey, this CD creates a soothing, healing ambience in home, rehab, or other clinical settings and is popular for use before, during and after surgery, chemo and radiation treatments, or in any situation in which physical and/or emotional healing is needed. Nancy's nearly whispered words of encouragement have been likened to a gentle, loving touch - relaxing, reassuring, reinforcing.... and reminding you that you are never, ever alone. Informative 16-page booklet included.

RELAX INTO HEALING: Finding The Peaceful Place Within

Nancy gently, lovingly leads you to the place of peace within. The various relaxation processes and inspired guided journeys are carefully designed so that you may listen in a sequential flow, or you may create a personalized program of whatever length or content you choose. Quiet the mind, relax the body, soothe the soul with an Ocean of Calm and experience the Stillpoint within. Suitable for all ages. Each attractively packaged Resource Kit includes a 60-min CD and an informative 16-page booklet.

RELAX INTO HEALING: Deep, Healing Sleep

Nancy's soothing voice helps you drift into the deep, healing sleep you so richly deserve. The processes on the CD are carefully designed so that you may listen in a sequential flow, or you may create a personalized program of whatever length or content you choose. The CD contains a variety of well-honed material, including detailed instruction in proper breathing, physical & mental relaxation, sensory

centering and wonderful guided imagery and affirmations. Suitable for all ages. Each attractively packaged Resource Kit includes a 60-min CD and an informative 16-page booklet.

Relaxation/Affirmation Techniques

This best-selling CD is simple, straightforward and very effective. A "***classic among stress-management materials***", it guides the listener through progressive relaxation, and uses delightful color imagery to facilitate physical, mental and emotional relaxation. Section two uses a shorter version of the color relaxation, as an intro to your own relaxation/mediation time. With 66 spoken affirmations. Available on CD and cassette.

RELAX - Quick!

A collection of shorter processes that serve as an ideal companion to Nancy's best-selling first release, ***Relaxation/Affirmation Techniques***. There are 12 processes in all, including simple yet powerful breathing, affirmation, sensory and thought awareness, and imagery techniques. Once learned, they can be "plugged in" anytime, anywhere, when they're most needed. Available on CD and cassette.

Relaxation Gift Set

Nancy's first two best-selling tapes (***Relaxation/Affirmation Techniques*** and ***Relax - Quick!***) are available in an attractive audiocassette gift set. A perfect gift for yourself, or someone else you love!

Relaxation for Expectant Mothers

Relaxation for Expectant Mothers is a guided relaxation and imagery process that helps you develop a sense of security before and during the delivery, as well as in your new role as a mother. In a relaxed state, the experience of pain is reduced by the body's production of endorphins, nature's own pain relievers. Music specifically composed to induce relaxation is fused with the sound of gentle waves to create a peaceful background.