



Nancy Hopps

Synergistic Systems, Publisher
PO Box 5224 Eugene, OR 97405
Ph: 541-683-9088 Fx: 541-302-2671
nancyhopps@RelaxIntoHealing.
www.RelaxIntoHealing.com

**PRESS/MEDIA ROOM - SAMPLE TESTIMONIALS:
(Individuals/Other Professionals)**

"Although, as a health educator, I've been familiar with relaxation techniques, you added some refinements to my skills, particularly in the way you incorporate imagery. **You impress me as having mastery of the material.**"

John Healey, Health Education Department (Linn Benton Community College, Albany, OR)

"I appreciated the way you presented information – **very clearly organized, and not in 'professional jargon,'** but rather in a way that promoted understanding."

J.P. (Springfield, OR)

"Your personal presentation is terrific – warm, confident and full of grace.

You are wonderfully accepting and affirming of everyone. Being around you was the best part! Thanks for being you." J.N. (Brownsville, OR)

"I heard your tape at a stress-management training offered by the **NYC chapter of the MS Society. Of six tapes used, I found yours to be the most useful.** I've had MS for 20 years, and stress for many more, and I felt wonderful for days after hearing your tape." D. Morrison, attorney (New York, NY)

"Nancy - I am very grateful for your sweet, peaceful voice guiding me on my healing journey, and into healing sleep! I'm home from the hospital now, and doing well.

Your guidance on the Healing Affirmations & Harp (and earlier, the Pain and Surgery CDs) is responsible for so much of my progress. Thank you. You are an Angel."

--- James Aday, knee replacement surgery, Pleasant Hill, OR)

"The participants (post-menopausal women w/ Type 2 diabetes) in our MLP 2-yr grant research project have benefited greatly from their use of Nancy's wonderful recordings. The breathing techniques, the guided imagery, the progressive physical relaxation.....these are very well-designed, beautifully presented programs that are having obvious, positive results."

Deborah J. Toobert, Ph.D., Research Scientist , Oregon Research Institute (Eugene, OR)

"I have recently given up drinking after twenty-five years of drug and alcohol abuse. Your CD's have been a great help in my beginning to wake up and grow. Thank-you for that..." (From a follow up five years later: "Life is great!") Russ Greenberg, Computer Technician (Bedford, MA)

"I have used some of Nancy's excellent relaxation tapes with both adults and teens with superb results. Her gentle, pleasing voice aids in transporting the listener through a rainbow of guided images. I highly recommend her tapes to anyone who is on the path less traveled."

Joyce Thayer, teacher/administrator (Lake County Learning Center, Lakeview, OR)

"At 66 years of age I'd been struggling with insomnia for years, going through my days with low energy and low spirits. Since the very first night I put one of your CD's on at bedtime I've dropped off to sleep quickly and slept well. Now I'm full of energy and life has a new zest ... I'm very grateful." Mary Ann Martin (Eugene, OR)

"My 11-year old son has been having trouble sleeping, He asked if he could use my relaxation and sleep CDs (Relaxation/Affirmation Techniques and Relax Into Healing: Deep, Healing Sleep)...and **he loves 'em!** He's been using them every night. He's sleeping so much better and waking up feeling rested and happy. The good sleep is helping his concentration on school work, too. So thank you...your work is really making a difference in people's lives!" ---

Kymm Nelsen, Business owner and mother of three, Vancouver, WA

"It's as if the essence of all the teachings of the great masters is compiled in this one tape that **contains more wisdom than many good books combined.** It's a real treasure!" Hans H. (Denmark)

(please see relaxintohealing.com testimonials page for more...)