

## Sleep in Peace, Wake with Joy CD Testimonials

"Being in a down mood, stuck in a rut and not sleeping well, I decided to purchase your CD. To my amazement, I fell asleep easily, slept the WHOLE night through, and woke up feeling positive, energized and full of joy! I have no idea how this magically works, but Sleep in Peace, Wake with Joy works".

**Christine Tooker**

"Sorry it took so long to preview your CD, but I kept falling asleep while trying to listen to it. No, seriously, I thought it was great and will be recommending it to my clients".

**Norbert Gerondale, MD**

"I get about half way through Sleep in Peace, Wake with Joy and I am asleep. I love it".

**Marcy Joy**

"Everyone has an occasional night of not sleeping, but I dreaded going to bed because I couldn't quiet my mind enough to fall asleep.

I had tried every OTC (over the counter) drug and was talking with my doctor in prescribing a sleeping medication. I was at my 'wits end', but willing to try one more thing.

I had Barb's CD, Sleep in Peace, Wake with Joy as a potential offering for our birthing parents in our hospital's OB department. I told my doctor that I would try the CD as a last resort.

Barb's gentle voice kept my mind focused on relaxing both my body and my mind. I have used it every night and enjoyed sleeping!

My job hasn't changed, but how I look at it has – just because I am getting the sleep I need. I feel like I just won the lottery! Now I look forward to going to bed and waking up energized and happy. I realize this is a long 'testimonial', but I can not express enough how much this has helped me. Thank you Barb."

**Linda Duchon, RN, MS**

**Director of Women's & Children Services  
Hackley Hospital and Spectrum Health**

"I LOVE your Sleep in Peace CD and wanted to give you some interesting feedback. That is, my children LOVE your CD too! I happened to play it one night and my daughter was asleep by the second track. My 5 year old son is memorizing your words and plays the CD when I put him to bed. Now, I need one for myself. This is a wonderful gift to me and my children".

**LeeAnn Shannon**

"I highly endorse Barbara Badolati's CD; Sleep in Peace, Wake with Joy. Patients learn to unwind before falling asleep and it seems to help them sleep longer and deeper by using this preparatory exercise".

**Daniel C. Gleason, DC  
Gleason Chiropractic Center**

"I just returned from a business trip to Scottsdale, AZ and needed to get some sleep on the plane. I fortunately had packed my CD – Sleep in Peace, Wake with Joy, and it worked for me. I was able to start with the belly breathing and before I knew it, I was awakened by the announcement to prepare for landing. Good work Barb!"

**Nancy Kohley**

"Barb's CD has been exceedingly helpful in guiding my clients gently into relaxation and sleep. I highly recommend it to many clients with sleep difficulties. Her soothing and hypnotic voice paired with the melodious background lulls clients easily into sleep".

**Patricia J. Dauser, Ed.D.  
Licensed Psychologist**

"I love watching my 10 and 12 year old grandchildren, but by the end of the day I am ready for them to settle down and go to sleep. On the other hand, they want the just opposite. I decided to try your Sleep In Peace CD on them. Although they resisted at first, their room became quiet after 10 minutes – sure enough they had fallen asleep. What a blessing."

**J. Payne**

"At times I have suffered with anxiety. Both my son and I have experienced difficulty with sleep. We've used many relaxation tapes and techniques but your CD seems to have a very soothing and effective outcome. A friend recommended it because of the sound of your voice. On your CD, Sleep in Peace, Wake with Joy your voice is rhythmic and calming. Most important IT WORKS !!"

**Nancy Kohley**

"This CD is a wonderful resource that can empower and motivate anyone to make healthier choices through relaxation and greater body awareness. Barb's guided journey into relaxation will make you feel like you are floating on a cloud, in a state of peaceful bliss".

**Roberta Leenhouts, RN  
Center for Integrative Therapy**

"I loved your CD and felt a sense of trust that I find missing in most CDs touting similar benefits. Something about your voice and the background music you used that I responded well with – a compliment to your spirit".

**Jim M.**