

Relax into Healing

Deep, Healing Sleep with Nancy Hopps

CD & Booklet



Accompaniment by *Paula Pichelli*

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

Joan Borysenko, Ph.D.
Author: *Healing the Mind, Healing the Body*



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