

Brandon French, Ph.D.

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To my fellow professionals:

Many of my patients have suffered from anxiety and stress-related disorders, ranging from migraine headaches to asthma. It seems to me, therefore, that SERENITY MOMENTS would be helpful in relaxing patients by providing an easy way to reach a meditative state. Moreover, the DVD teaches how to regulate breathing, which I believe is the single most important physiological step in lowering anxiety.

Finally, SERENITY MOMENTS offers an inexpensive, instantaneous escape to an idyllic, stress-free island. In our 21st century pressure cooker lives, that's a difficult opportunity to resist.

Sincerely,

A handwritten signature in black ink that reads "M. Brandon French". The signature is written in a cursive, flowing style.

M. Brandon French, Ph.D.