

FOLKWAYS RECORDS FX 6194

SLEEP--RELAXATION

by Dr. John P. Sykes



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The reason for creating the teaching relaxation and sleep recording is to help individuals to overcome the premature aging, anxieties, antagonisms and nerve tensions that have caused most of the physical, mental and narcotic problems.

Learning the art of proper relaxation is the best therapy for the human body. Mind and muscle relaxation is conducive to proper mental attitudes, equilibrium and rationalization, and to adjust and adapt one's self to his particular circumstances and environment, whatever it may be, without medication, sedation or narcotics. The sleep recording will teach them to have a healthful relaxing sleep and longevity.

John P. Sykes

cover art from an etching by Irwin Rosenhouse:
"Hypnos", the Greek Goddess of Sleep

Descriptive Notes are Inside Pocket

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