SLEEP--RELAXATION

by Dr. John P. Sykes

FOLKWAYS RECORDS FX 6194
by Dr. John P. Sykes

The reason for creating this teaching and sleep recording is to help individuals to overcome the stress of aging, anxiety, and other conditions that have caused most women to struggle with proper rest and relaxation. 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 environment, whatever it may be without medication, sedation or narcotics.

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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