

## Praise for Gale Lyman, freelance writer

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*At TLC, we respect the confidentiality of our clients. Names are thus excluded, even when permission has been given.*

### **Praise from readers**

**“I hope this book finds itself into the hands of so many who need to make the time to be still, be quiet, and reflect daily.”**

**“This sounds great, Gale! You’re such a beautiful writer!”**

**“We all need a reminder to care for ourselves. Self-reflection is so important.”**

**“As busy as I am, I can see myself implementing the techniques to relax at work and at home.”**

**“Gives real world applicable techniques to help with relaxation.”**

**“I obtained new skills for guided imagery to help my coworkers, patients, family, friends, and anyone else who might need help relaxing.”**

**“I liked the opportunity to adapt the exercises to your personal preference.”**

**“Thought provoking.”**

**“I felt wonderful after reading this book. The affirmations are positive, encouraging, and make me want to slow down to focus on what is most important.”**