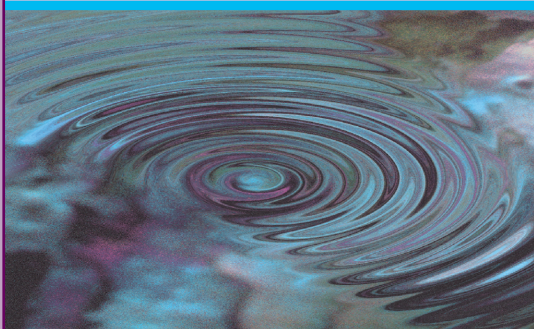


## Creating *Calm* in Your Life



A Guided Meditation and Stress Reduction CD  
WITH RIVKA SIMMONS



### Creating *Calm* in Your Life

Ideal for busy people looking for an easy way to incorporate meditation and relaxation into their lives. Four simple, 15-minute meditations: two mindfulness meditations, a progressive muscle relaxation and a body scan meditation.

**Creating *Calm*** is a strong seller on Amazon.com and appears nationwide in bookstores and health, retreat, and cancer centers.

Rivka Simmons ... has obviously done her homework, providing clear instructions and adding new insights that breathe life into each of these stress-relief (meditations). With her soothing voice and empathetic approach, she does indeed create an atmosphere of calm.

—Yoga Journal

Rivka Simmons has been studying and practicing meditation for 20 years. She has taught meditation and stress reduction at universities, senior centers, adult education centers, hospitals, high schools and wellness programs.



I've used similar materials but this one was the easiest to respond to. The voice is just right. ... It is easy to use and all it really takes is 15 minutes.

—The Sun News

In less time than it takes for a coffee break, listeners can move from stress and tension to peaceful calm and inner harmony. There is no distracting musical score, so listeners can focus more deeply on being completely in the present moment.

—Accent on Tampa Bay

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