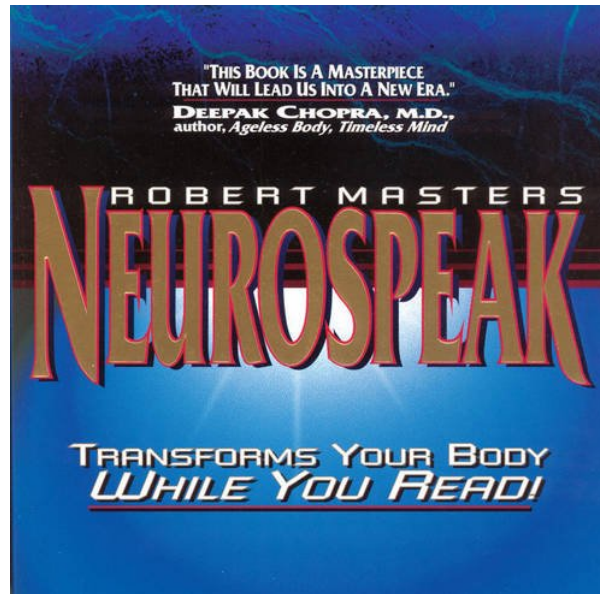
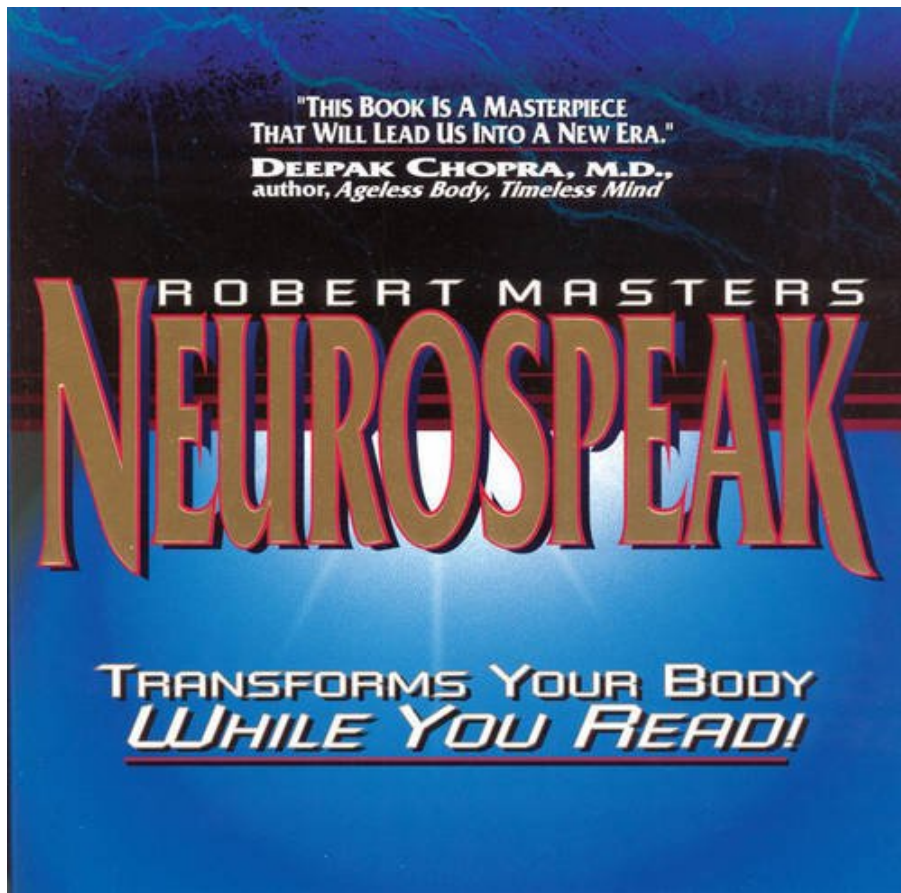


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Masters has been Director of Research of the Foundation for Mind Research for over thirty years.

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This may not be the only self-help book you ever need. But if you're like me and you've accumulated a lot of books over the years, but haven't managed to stick with the program, this is it! Getting results is not exactly as easy as reading a book. It's about as easy as reading a book and making a sandwich. Without needing discipline or faith or changing beliefs, I have already become more aware of how being in certain positions or making certain motions will cause strain resulting in aches and pains later. I can also count on being able to relax whenever I want and fall asleep when I need to.

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