

Mp3 Shep Eppinger - Melodies Of Sleep



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First of all, use CAUTION driving and listening to this CD. A very relaxing listening experience. 12 MP3 Songs EASY LISTENING: Mood Music, NEW AGE: Meditation Details: When you need to unwind, relax or go to sleep, put this cd on. Close your eyes, lie down, and after several minutes you'll find yourself drifting away. Chances are, you won't get through the whole cd each time you put it on. Use headphones to shut out the rest of the world, and you'll enter a state of peaceful, stress-relieving, bliss. Sounds of water, rain and the sea add to the relaxing sounds of weaving melodies through your head. A must have for this world of never ending pressure moments. Also, a very therapeutic cd for people who are rehabilitating, recovering from injury or illness, or are in need of quiet background music.

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