

ORDERING PRODUCTS  
Marcia Whisman, LCSW

---

**Bi-Lateral Ocean Waves: a CD\* designed for anyone to experience deep relaxation and reduce stress and anxiety. The bi-lateral design of the ocean waves behind voice guided instruction engages both right and left brain for enhanced processing of this material.**

This CD\* can be ordered with bi-lateral/voice or voice only.

This CD\* can be ordered to include all tracks or tracks 1-4 only.

- Track 1. Deep Muscle Relaxation
- Track 2. Deep Diaphragmatic Breathing
- Track 3. Safe/Relaxing Space Imagery
- Track 4. Universal Color, Light, Motion Imagery
- Track 5. Anxiety Assistance (Supportive, instructive cognitions to soothe and reduce fear and anxiety)

To order this CD, Download this form, and send it with a check to:

Marcia Whisman, LCSW  
Suite 207  
10420 Old Olive Street Road  
St. Louis, MO 63141

Name \_\_\_\_\_ Phone/Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Number of CD's \_\_\_\_\_ (\$20 each + \$3 S/H) Total \$ \_\_\_\_\_

Number of CD sets \_\_\_\_\_ ( Sets of 5 CD's \$80 + \$6 S/H) Total \$ \_\_\_\_\_

Order total \$ \_\_\_\_\_

Check # \_\_\_\_\_

Specify: Bi-Lateral Ocean Waves all tracks # \_\_\_\_\_  
Bi-Lateral Ocean Waves tracks 1-4 # \_\_\_\_\_  
Voice only all tracks # \_\_\_\_\_ Voice only tracks 1-4# \_\_\_\_\_

\*Copyright 2000 - 2006 by Marcia Whisman, LCSW. All rights reserved. This CD may not be copied or duplicated.