



## **Alpha relaxation system : soothe your body, calm your mind, enhance your health**

<https://bccalibrary.andornot.com/en/permalink/catalog15710>

Thompson, Jeffrey. Roslyn, NY: Relaxation Company , 1999.

Audience: Patient or Public

Call Number: QZ266 T473a 1999

Availability: 1 copy, [1 available](#)



## **Ambient music for sleep**

<https://bccalibrary.andornot.com/en/permalink/catalog16280>

Thompson, Jeffrey. Roslyn, NY: Relaxation Company , 2004.

Audience: Patient or Public

Call Number: QZ266 T473am 2004

Availability: 2 copies, [2 available](#)



## **Classical music for sleep**

<https://bccalibrary.andornot.com/en/permalink/catalog20667>

Thompson, Jeffrey. Roslyn, NY: Relaxation Company , 2001.

Audience: Patient or Public

Call Number: QZ266 T473c 2001

Availability: 1 copy, [1 available](#)



## **Dreamy music for sleep**

<https://bccalibrary.andornot.com/en/permalink/catalog18887>

Thompson, Jeffrey. Louisville, CO: Relaxation Company , 2005.

Audience: Patient or Public

Call Number: QZ266 T473d 2005

Availability: 1 copy, [1 available](#)



### **Natural music for sleep**

<https://bccalibrary.andornot.com/en/permalink/catalog20668>

Thompson, Jeffrey. Roslyn, NY: Relaxation Company , 2001.

Audience: Patient or Public

Call Number: QZ266 T473n 2001

Availability: 1 copy, [1 available](#)



### **Peaceful music for sleep**

<https://bccalibrary.andornot.com/en/permalink/catalog20669>

Thompson, Jeffrey. Roslyn, NY: Relaxation Company , 2004.

Audience: Patient or Public

Call Number: QZ266 T473p 2004

Availability: 1 copy, [1 available](#)



### **Theta meditation system : let go of stress, renew your spirit, gain insight and intuition**

<https://bccalibrary.andornot.com/en/permalink/catalog15628>

Thompson, Jeffrey. Roslyn, NY: Relaxation Company , 1999.

Audience: Patient or Public

Call Number: QZ266 T473 1999 v.1-2

Availability: 1 copy, [1 available](#)

“ v.1: *Renewal (60 minutes) with instructional booklet*; v.2: *Insight (60 Minutes)*