

Anton Anderson
Founder and Facilitator
Of the Power Nap Club

Dear John,

I am especially excited about the Power Nap Kit that you are producing. Only **AT PEACE MEDIA®**, you guys, saw a way to spread the message of relaxation and—more than that—the *how to* of relaxation to a wide audience. The result is the **Power Nap Kit™**.

This past school year the publicity about my Greenwich High School **Power Nap Club™** was amazing. It started with an article in our local paper, which was picked up by the Associated Press and distributed world-wide. We got calls from all over the world: from Austria, England, Canada and even Australia. The president of the club even had a lengthy interview on National Public Radio. Only one of those interviews tried to make fun of us. Everyone else was respectful, even jealous. And, all of the school personnel, kids and adults, who contacted us, wanted to know how to start a club of their own.

Relaxation is a serious business and is so necessary in the overstressed Post 9/11 world we live in. ***The Power Nap Kit™ is really hitting a need for these overstressed kids. A power nap is no substitute for healthy nighttime sleep habits . . . but a half-hour of quiet rest can do these teenagers a lot of good and will help open their eyes to the demands of their bodies.***

No one suffers more than our over-committed children. That is the reason I started the **Power Nap Club™** in the first place; I wanted to give my students a "time-out" from the stressful, angst-ridden lives they were living. And, it worked! Just ask any of them and they'll be glad to tell you how much the training has carried over into the larger world. Once they, or anyone, have absorbed the techniques that you provide in the **Power Nap Kit™**, this relaxation method is no further than a thought away. And, it can be practiced anywhere, anytime.

So, once again John, and all of you working with **AT PEACE MEDIA®**, I salute you for your effort and award you with FIVE Z's: ZZZZZ: the highest **Power Nap Club™** award possible!

Anton Anderson, BA, M.S.ed.