

# Effective Life Skills

# Order Form

**EFFECTIVE LIFE SKILLS**

P.O. Box 7442

Seminole, FL 33775

E-Mail: [customerservice@effective-life-skills.com](mailto:customerservice@effective-life-skills.com)

Please fill out and mail completed order form with credit card information, personal check or money order payable to **Effective Life Skills** to:

**EFFECTIVE LIFE SKILLS**

**P.O.Box 7442**

**Seminole, FL 33775**

*U.S. Currency only.* Allow 7-14 days for delivery after order is received. Please use a shipping address that can receive packages during business hours.

<b>Shipping &amp; Handling Charges</b>		
U.S. Domestic Orders	U.S. Postal Office	UPS
One item (tape or CD)	\$5.50	\$10.00
2 Items (tape or CD)	\$8.00	\$12.00
3 Items (tape or CD)	\$10.00	\$14.00
Each additional item over 3 (tape or CD)	Add \$2.00	Add \$2.00
International Orders	Charges Above Plus \$7.00	Not Available
<b>Florida residents, please add 7% tax</b>		

<b>Billing Information</b>	
Name:	Street Address:
City:	State:
Zip Code:	Country:
Daytime Phone Number:	Evening Phone Number:
Fax Number:	Email:

<b>Shipping Address/If Different Than Billing</b>	
Name:	Street Address:
City:	State:
Zip Code:	Country:

<b>Method of Payment: Please Check Desired Payment</b>	
<input type="checkbox"/> Checks <input type="checkbox"/> Money Order <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/> American Express <input type="checkbox"/> Discover	
Credit Card #:	Expiration Date:
Cardholders Signature:	

## Special – Buy any 3 Items or more, Get \$5.00 off your total price.

Title	Price	Qty	Total
<b>1 - The Inviting Garden Path</b> <i>(Please Indicate One: [FOREST] or [MEADOW])</i>	Tape - \$19.95		\$
	CD - \$24.95		\$
<b>1S - The Inviting Garden Path for Sleep</b> <i>(Please Indicate One: [FOREST] or [MEADOW])</i>	Tape - \$20.95		\$
	CD - \$25.95		\$
<b>2 - Complete Body &amp; Mind Relaxation</b> <i>Progressive Muscle Relaxation for Stress Management &amp; Reduction (FULL VERSION)</i>	Tape - \$24.95		\$
	CD - \$29.95		\$
<b>2 - Complete Body &amp; Mind Relaxation</b> <i>Progressive Muscle Relaxation for Stress Management &amp; Reduction (BRIEF VERSION)</i>	Tape - \$19.95		\$
	CD - \$24.95		\$
<b>2S - Complete Body &amp; Mind Relaxation for Sleep</b> <i>Progressive Muscle Relaxation for Stress Management &amp; Deep Sleep (SLEEP VERSION)</i>	Tape - \$21.95		\$
	CD - \$26.95		\$
<b>3 - Songs of the Sea:</b> <i>Soothing Sounds and Scenes for your Senses</i>	Tape - \$19.95		\$
	CD - \$24.95		\$
<b>3S - Songs of the Sea for Sleep</b> <i>Soothing Sounds and Scenes for your Senses: Guided Imagery for Stress Relief and Deep Relaxation to Sleep</i>	Tape - \$20.95		\$
	CD - \$25.95		\$
<b>4 - Creating a Safe Place</b> <i>For Deep Relaxation, Restoration &amp; Reducing Stress</i>	Tape - \$20.95		\$
	CD - \$25.95		\$
<b>4S - Creating a Safe Place for Sleep:</b> <i>For Deep Relaxation, Restoration &amp; Reducing Stress to Enhance Sleep</i>	Tape - \$21.95		\$
	CD - \$26.95		\$
<b>5 - Getting Active:</b> <i>Exercising for Fitness &amp; Weight Management or Reduction</i>	Tape - \$22.95		\$
	CD - \$27.95		\$
<b>6A/B - "The Part of Me That Resists"</b> <i>The Inner Struggle-Overcoming Resistance to Healthy Change</i>	Tape - \$22.95		\$
	CD - \$27.95		\$
<b>7 - Gaining Control to Accomplish Your Goal</b> <i>Guided Imagery for Weight Reduction and Management</i>	Tape - \$19.95		\$
	CD - \$24.95		\$
<b>8 - Eating to Feed Your Feelings</b> <i>Managing Emotional or Compulsive Eating and Stress Eating</i>	Tape - \$19.95		\$
	CD - \$24.95		\$
<b>9 - Times of Temptation</b> <i>Changing Unhealthy Habits &amp; Patterns: Late Evening or Weekend Eating</i>	Tape - \$19.95		\$
	CD - \$24.95		\$
<b>Subtotal:</b>			\$
<b>Shipping &amp; Handling:</b>			\$
<b>Additional Charge for International Shipping:</b>			\$
<b>Sales Tax (7% Florida residents):</b>			\$
<b>Subtract \$5.00 Discount For Minimum Order of 3 Items:</b>			
<b>Total:</b>			\$

Visit our web site at [www.Effective-Life-Skills.com](http://www.Effective-Life-Skills.com) for comprehensive information about the process of Guided Imagery, Visualization, and Self-Hypnosis, as well as additional information on available recordings.