



**A Breakthrough in Subliminal Audio Self Help Programs**



STEVEN HALPERN is a Grammy® nominated composer, researcher and #1 bestselling recording artist of music that promotes mindfulness and well-being.

His recordings are used in homes, hospitals, integrative health centers and corporate wellness programs worldwide.

1975 **41<sup>ST</sup>** ANNIVERSARY 2016



Artist	Steven Halpern
Title	Optimal Health at the Speed of Sound
Selection#	IPM2125
UPC	0-93791721252-3
Prebook	February 17, 2017
Street Date	March 24, 2017
Retail	\$14.99
Genre	New Age Music
Run Time	79:25
Box Lot	25
Label	Inner Peace Music
Format	CD

**MVDaudio**  
A DIVISION OF MVD ENTERTAINMENT GROUP

# STEVEN HALPERN

## Optimal Health at the Speed of Sound

Experts now recognize that **chronic stress** plays a significant role in over 85% of modern diseases. Thus, **reducing your stress** is the key to enjoying optimal levels of health and well-being.

Listening to the award-winning music on this album provides you with an **easy, effective and enjoyable** way to do so.

**OPTIMAL HEALTH at the Speed of Sound** is a multi-modal program that combines Next-Gen Brain Balancing Music™ with sonic entrainment tones and subliminal affirmations that harmonize body, mind and spirit.

The affirmations focus the power of your subconscious mind. You don't audibly hear the words, but your *subconscious mind* does — *and responds automatically!*

This soundtrack supports your active participation in communicating with your genes and helps optimize their expression. (See "Super Genes" by Chopra, MD & Tanzi, MD)

Note: this CD is not a substitute for medical care. Please consult your primary health care provider.

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|----------------------------|-------|------------------------------|------|
| 1. Optimal Health (part 1) | 3:53  | 8. Optimal Health (part 8)   | 6:17 |
| 2. Optimal Health (part 2) | 6:07  | 9. Optimal Health (part 9)   | 4:25 |
| 3. Optimal Health (part 3) | 4:45  | 10. Optimal Health (part 10) | 3:58 |
| 4. Optimal Health (part 4) | 3:30  | 11. Optimal Health (part 11) | 5:55 |
| 5. Optimal Health (part 5) | 6:35  | 12. Optimal Health (part 12) | 6:11 |
| 6. Optimal Health (part 6) | 3:43  | 13. Optimal Health (part 13) | 5:15 |
| 7. Optimal Health (part 7) | 12:55 | 14. Optimal Health (part 14) | 5:01 |

**Total Time: 79:25**

- ★ Chronic stress contributes to over 85% of modern diseases
- ★ Relieves stress on contact! Provides effective, easy and enjoyable stress relief
- ★ Steven Halpern is the recognized leader in the field of 'sound health'
- ★ Builds on latest research in epigenetics and brain science
- ★ Music, affirmations and entrainment focus the power of the mind
- ★ Comparable titles: CHAKRA SUITE, Music for SOUND HEALING, and DEEP ALPHA

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