

GOOD NIGHTS



GOOD DAYS

AUDIO PROGRAMS

prepared and presented by ~
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INSTRUCTIONAL Programs for Good Nights and Good Days



Rest Fully Present: 12 Strategies for Calming Your Body and Mind by Night and by Day

Mindfulness practice means that we commit fully in each moment to be present, inviting ourselves to interface with this moment in full awareness, with the intention to embody as best we can an orientation of calmness...right here and right now.

~ Jon Kabat-Zinn

This program is a live recording of Dr. Weaver's description of 12 key calming strategies to a person seeking to reduce insomnia by night and anxiety by day. Each technique is designed to "downregulate" or reduce mental activation, physical activation, or both simultaneously.

The 12 strategies are: 1) initiating the sequence with a "Calming Trigger;" 2) breathing abdominally; 3) repeating a calming word or phrase with each exhale; 4) getting centered in "here;" 5) getting centered in "now;" 6) feeling the presence of inner guides or companions; 7) visualizing being in a relaxing place; 8) accepting what was and accepting what could be; 9) accepting what is now; 10) noticing muscle tension; 11) inhaling healing relaxation and exhaling muscle tension; and 12) engaging in autogenic relaxation ("warming hands").



CONTENTS (12 Tracks)

Program Length: 48 minutes

1. Calming Trigger, 2. Breathe Abdominally, 3. Calming Word or Phrase, 4. Be Here, 5. Be Here Now, 6. Be With Inner Guides, 7. Relaxing Place, 8. Accept Past and Future, 9. Accept What Is Now, 10. Notice Muscle Tension, 11. Inhale Healing Relaxation, Exhale Muscle Tension, 12. Warm Hands



Experience Rest Fully Present

In this brief (16-minute) live-recorded program, Dr. Weaver guides listeners step-by-step through actual practice of the 12 strategies.

Experience Rest Fully Present (For Teens)

In this brief (18-minute) live-recorded program, Dr. Weaver guides adolescent listeners step-by-step through actual practice of the 12 strategies.

Allowing Fear (For Teens): How to Let Go of Fear and Other Un-Fun Feelings

In this brief (13-minute) live-recorded program, Dr. Weaver guides adolescent listeners in understanding and using simple techniques – based on the above 12 strategies – for reducing mental and physical activation accompanying fear, anxiety, and other negative feelings.



Abdominal breathing and acceptance (via “studying the negative feelings”) are emphasized.

Stop the Racing Mind

*What lies behind us and what lies before us
are tiny matters compared to what lies within us.*
~ Ralph Waldo Emerson



Our inherent tendency as humans is to 1) pay more attention to the past and future than we pay to the present, 2) pay more attention to negatives than to positives in the past and future, and 3) reject rather than accept negatives. This creates an incessant stream of unproductive thinking (labeling, judging, and storytelling) -- in short, a "racing mind" -- that detracts from our quality of life by day and by night.

Fortunately, we can learn to 1) pay more attention to the present, 2) pay more attention to the positives in life, and 3) be more accepting of the negatives. In **Stop the Racing Mind**, presented to a live audience, Dr. Weaver provides an introduction – using the “ADAPT Sequence” – to the art of “mindful imaging” for accepting now what cannot be changed at this moment AND changing what can be changed through time. Mindful imaging is a powerful healer of the racing mind.

CONTENTS (13 Tracks)

Program Length: 42 minutes

1. Introduction, 2. Elephants And Lemons, 3. Stopping The Racing, 4. How Minds Race, 5. Only Now Is, 6. How Imagery Works, 7. Animals Live Now, 8. ADAPT Overview, 9. ADAPT Step A, 10. ADAPT Step D, 11. Accepting Is Noticing, 12. ADAPT Steps A,P,T, 13. Mobius Trip Artwork

Stop Smoking: “Won Breath at a Time”

*Quitting is easy.
I’ve done it a thousand times.*
~ Mark Twain

*Quitting is not easy,
but you can do it.*
~ American Cancer Society

*We cannot change anything
until we first accept it.*
~ Carl Jung

Stop Smoking: Won Breath at a Time, a 2-CD set, promotes in-depth learning and application of Dr. Weaver’s mindfulness-based strategies for life enhancement in general and overcoming self-defeating habits in particular. This program is recommended for anyone wishing to become more proficient in using the ADAPT Sequence to accept now what cannot be changed at this moment AND change what can be changed through time.

In this program, Dr. Weaver presents mindfulness-based strategies for smokers to allow (not resist) the temporary physical and psychological discomfort of withdrawing from nicotine, enhancing the prospect of their achieving enduring abstinence. A now-moment focus (coping “one breath at a time”) is the key to accepting this discomfort and transforming smoking behaviors into those of permanent abstinence.



In this “stop-smoking-now, feel-like-it-later” approach, smokers are guided – with step-by-step application of the ADAPT Sequence – in practicing the art of mindful imaging: entering into the now moment, accepting recalled and foreseen negatives associated with overcoming self-defeating habits, and cultivating their unique, personal “toolkit” of coping resources (mental, physical, social, spiritual etc.) for enduring temporary discomfort of any kind. They are then coached in formulating and rehearsing specific procedures for applying these resources to accepting the discomfort of nicotine withdrawal.

By having first stopped smoking, moment by moment, these individuals are rewarded over time with a growing sense of “feeling like” not smoking, in consequence of the decreasing intensity of their nicotine fits and their increasing sense of health, personal accomplishment, and personal ownership of their abstinence. “Won” breath at a time, their breath is indeed won back.

CONTENTS

DISC 1 (9 Tracks, 44 minutes) ~ 1. Introduction, 2. What And Why Now?, 3. Acceptance Precedes Change, 4. Do It First To Feel Like It Later, 5. Elephants And Lemons, 6. Three Unproductive Tendencies, 7. Three Productive Tendencies, 8. Metamorphosis One Breath At A Time, 9. Your Resources For Enduring Discomfort

DISC 2 (8 Tracks, 68 minutes) ~ 1. ADAPT Overview, 2. ADAPT Step A (Present), 3. ADAPT Step D, 4. ADAPT Step A (Past), 5. ADAPT Step A (Future), 6. ADAPT Steps P,T, 7. More Ways To Allow Craving, 8. Best Wishes!

REST FULLY PRESENT Good Night Imagery Programs

(For in-bed listening at bedtime, just after lights-out, and/or at times of unwanted wakefulness during the night)



~ A Note About The Restful Presence Approach ~

Mindfulness is paying attention – on purpose – in the present moment – as if your life depended on it – non-judgmentally.

~ Jon Kabat-Zinn

For those who have difficulty sleeping, practicing the mindful art of “restful presence” consists of wisely accepting now what cannot be changed *at this moment* (being awake) while changing what can be changed *through time* (shifting from being awake to being asleep). Restful presence is, to make application of Jon Kabat-Zinn’s definition of mindfulness above, *paying attention – on purpose – in the present moment – as if your sleep depended on it – non-judgmentally.*

A now-moment focus (being fully present) sets the stage for you to rest more deeply while awaiting sleep onset and subsequently, after you have fallen asleep. That is, you can rest more deeply because you are fully present. You can “rest fully present.”

And, in consequence of your being more restful, you can be less distracted by the past and future, and more present in the now moment. That is, you can be “restfully present.” Mastering the art of restful presence is learning how to help your restfulness and presence reinforce each other. This is the best, most mindful response to the “wake-up call” of insomnia.

IMPORTANT: BEFORE YOU USE ANY OF THE FOLLOWING AUDIO PROGRAMS – BE SURE THAT YOU HAVE READ AND UNDERSTOOD THE “LISTENING GUIDELINES” PROVIDED BELOW:

THREE CLASSIC RELAXATION STRATEGIES:

Autogenic Relaxation, Progressive Muscle Relaxation, Visualization for Relaxation

Three time-honored strategies for achieving relaxation can enhance your experience of restful presence by night and by day. Adapted for application in the Rest Fully Present Program, they are:

- Autogenic Relaxation,
- Progressive Muscle Relaxation, and
- Visualization for Relaxation.

Autogenic Relaxation and Progressive Muscle Relaxation focus on reducing physical activation, and Visualization for Relaxation focuses on reducing mental activation.



An anxious mind cannot exist in a relaxed body.

~ **Edmond Jacobson**

- **Autogenic Relaxation** emphasizes experiencing heaviness in your muscles as well as warmth in your hands, arms and legs, to promote blood circulation there, all in the interest of calming your body and, in turn, your mind.
- **Progressive Muscle Relaxation** focuses on tensing and then relaxing all of your muscle groups, first in your hands and arms, and then progressively through the rest of the body from head to toe, again in the interest of calming your body and, in turn, your mind.

To imagine is everything.

~ **Albert Einstein**

- **Visualization for Relaxation** emphasizes calming your mind and, in turn, your body by helping you to imagine being in a special place – of your choosing – to experience a balance-restoring vacation away from routine, a sensory-rich place that deeply engages you and supports you in your process of relaxing.

By becoming proficient in practicing one, two, or all three of these relaxation strategies, you will enhance your ability to pay more attention to the present, pay more attention to the positives in your life, and be more accepting of the negatives (such as unwanted wakefulness). The rest can follow naturally.

Choose Your Listening Background...

Each of the three audio programs is 20 min. in duration. For each, when placing your order, you can choose among 12 music/sound backgrounds or “platforms” for Dr. Weaver’s narration. There are two music options and six sound ambiance options:

- **Music options.** First, choose whether you want to hear the narration underlain by:
 - no music, or
 - relaxing, low-volume music.
- **Sound ambiance options.** Then, within one of the above two music options, choose one of these six sound ambiance options:
 - no sound, or
 - relaxing, low-volume lake waves,
 - relaxing, low-volume ocean beach waves,
 - relaxing, low-volume forest sounds,
 - relaxing, low-volume gurgling stream, or
 - relaxing, low-volume rainstorm with distant thunder.

In summary, there is one 20-min. audio program for each of the three relaxation strategies: Autogenic Relaxation, Progressive Muscle Relaxation, and Visualization for Relaxation. In each of these three audio programs, there are 12 music/sound backgrounds for Dr. Weaver’s narration. Make sure that when you order each program, you choose the music/sound combination that will most likely enhance your experience of restful presence.

All Aboard! and Cabin Comfort

*There is a time for many words,
and there is also a time for sleep.*
~ **Homer**

In **All Aboard!** and **Cabin Comfort**, Dr. Weaver guides the focus of listeners' attention away from everyday cares and concerns about the past and future into vividly real, imagined internal environments in which they can savor the multi-sensory benefits of a refreshing, balance-restoring vacation away from routine.

Both programs invite listeners with engaging music, stereo sounds, and inspiring narration to imagine progressing through a series of special places, surrounded by evermore relaxing sights, sounds, touch sensations, aromas, and tastes. With each successive space they enter into, listeners can leave images that are associated with poor sleep and other stressors more and more in the background.

Inside the foreground – the "good night" imagery of a quiet train journey and a cabin refuge – the present moment can seem to listeners to be evermore timeless and still, immersing them in well-being and personal wisdom, helping them to focus on their own internal resources and problem-solving strategies for calming their body and mind, falling asleep more easily, sleeping more restoratively throughout the night, and dreaming more productively.



In **Cabin Comfort** (74 minutes), listeners first "rise above it all" in a helicopter in flight, touching down at a port of departure for a refreshing ocean cruise to a remote beach, after which they explore a verdant forest, paddle a canoe across a shimmering pond, and ultimately hike in to their fire-warmed cabin refuge, conducive to sleep, in "the land of no time and no space."

In **All Aboard!** (79 minutes), listeners are guided through an energetic city environment, then progress through a series of diverse "feeling spaces," then enter into an expansive train station, and ultimately embark on a gentle, quiet train journey into the night, conducive to sleep.



The Dreamland Express

If you can dream it, you can do it.
~ **Walt Disney**



The Dreamland Express (43 minutes) is designed to help children aged 3-8 to be more willing and able to go to bed at bedtime, to fall asleep easily, and to sleep restoratively throughout the night, reassured that they are safe, secure, and loved by their caretakers.

In this program, which is designed primarily to be played at bedtime after lights-out, engaging stereo sounds that are familiar to young children and beautiful music are skillfully interwoven with narration by Dr. Weaver and his two daughters, Claire (age 8) and Laurie (age 5), as they invite listeners to accompany them on a steam train called "The Dreamland Express," journeying to "Dreamland," which is portrayed in Dr. Weaver's bedtime story as safe, comfortable, and more rewarding than remaining awake past bedtime.

Tailored to fit the special interests, needs, and relationships of young children, this program leads listeners' focus away from unproductive, sleep-incompatible patterns and toward productive immersion in comfort, deep physical relaxation, and positive expectations of the sleep experience and of the next day in "Awakeland." To support positive dreaming, Dr. Weaver reminds young listeners of their personal resources and their secure, loving connections with their caretakers throughout the program.

LISTENING GUIDELINES

for *Rest Fully Present* Good Night Imagery Programs

Each *Rest Fully Present* Good Night Imagery audio program is designed to help you:

- rest more fully while you are awake,
- fall asleep more easily at bedtime (you are advised to listen, in bed, just after lights-out), and/or
- return to sleep more easily in the event that you arouse up during the night (listen, in bed, just after arousing).



Use of stereo earphones or headphones can enhance your enjoyment of, and responsiveness to, each Good Night Imagery program.

Feel free to drift off to sleep while listening to your audio program. Listen only in a context that is appropriate for your becoming internally absorbed – not, for example, while driving a car or operating machinery.

Many people have found the following listening schedule to be helpful:

- weeks 1, 2, and 3 – listen nightly,
- week 4 – listen every other night,
- week 5 – listen every third night, and
- thereafter – listen as needed, until you are able to sleep better without use of the program.

Consult with Your Physician About Use of Sleep Medications

If you have been employing prescribed or over-the-counter sleep medications, and wish to limit or terminate their use as you become more proficient in using natural strategies for improving your rest at night, be sure to consult with your physician about how to do so. If possible, consult with a physician who specializes in treating sleep disorders (see below regarding how to identify accredited sleep disorders treatment centers in your area).

Additional Listening Guidelines

- Any person requiring treatment for any serious mental or physical condition should consult with an appropriate health care provider for advice before using *Rest Fully Present* Good Night Imagery audio programs. All programs in this series are designed to elicit positive experiences. Any person having consistently negative experiences during a program should discontinue use.
- In the event that you need to deal with an interruption while listening, you can expect to be able to shift from listening to the program to responding to the interruption quickly, in an alert, competent manner.
- *Rest Fully Present* audio programs do not contain so-called "subliminal messages." They are each designed to empower you to be in control of your sleeping.

- *Rest Fully Present* programs are not intended to be a substitute for medical treatment. Difficulty with responding well to a program may be a helpful indication that you have a condition requiring care by a physician specializing in sleep medicine. Such conditions, like sleep-related breathing disorders (for example, obstructive sleep apnea) or limb movement disorders (for example, restless legs syndrome and periodic limb movement disorder), can be treated medically with great success.

Sleep Disorders Treatment Centers

To obtain a list of sleep disorders treatment centers in your area that have been accredited by the **American Academy of Sleep Medicine** (www.aasmnet.org), visit www.sleepeducation.com.

Guarantee

If you are not completely satisfied with the results of any of Dr. Weaver's audio programs, you may request a full refund within 30 days of purchase. No other warranty or liability is expressed or implied.

TO ORDER DR. WEAVER'S COMPACT DISC AUDIO PROGRAMS:

Submit order to: 5050 Quorum Dr., #700, Dallas, TX 75254, USA
 phone 214.697.8774, fax 214.291.5454, info@restfullypresent.com

Quantity	Item	Price	Total
Instructional Programs			
	<i>Rest Fully Present: 12 Strategies for Calming Your Body and Mind by Night and by Day</i> (48 min.)	10.00	
	<i>Experience Rest Fully Present</i> (16 min.)	5.00	
	<i>Experience Rest Fully Present (For Teens)</i> (18 min.)	5.00	
	<i>Allowing Fear (For Teens)</i> (13 min.)	5.00	
	<i>Stop the Racing Mind</i> (42 min.)	10.00	
	<i>Stop Smoking: Won Breath at a Time</i> (Disc 1 - 44 min.; Disc 2 - 68 min.)	20.00	
Rest Fully Present Good Night Imagery Programs			
	<i>Autogenic Relaxation</i> (specify preferred music/sound background) (20 min.)	5.00	
	<i>Progressive Muscle Relaxation</i> (specify preferred music/sound background) (20 min.)	5.00	
	<i>Visualization for Relaxation</i> (specify preferred music/sound background) (20 min.)	5.00	
	<i>All Aboard!</i> (79 min.)	10.00	
	<i>Cabin Comfort</i> (74 min.)	10.00	
	<i>The Dreamland Express</i> (children's program) (43 min.)	10.00	
		SUBTOTAL	
		Texas residents add 8.25% SALES TAX	
		Mail orders: Add \$2.00 for first CD, 1.00 for each additional CD, for SHIPPING/HANDLING	
		TOTAL	\$

YOUR CONTACT INFORMATION

Email Address:	Phone: () - -
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SHIP TO:

First Name:	Last Name:		
Street Address:			
City:	State:	Zip:	Country if not USA:

BILL TO (if different from shipping info):

First Name:	Last Name:		
Street Address:			
City:	State:	Zip:	Country if not USA:

If you're paying by check:

Make checks payable to Dr. Donald B. Weaver, 2007 N. Collins Blvd., Suite 301, Richardson, TX 75080, USA.

If you're paying by credit card:

<input type="checkbox"/> MASTERCARD OR <input type="checkbox"/> VISA	Cardholder Name:
MASTERCARD or VISA Card Number:	CSC: * _ _ _
Expiration Date: Month _____ / Year _____	* For MasterCard or Visa, it's the last three digits in the signature area on the back of your card.