



Suryanarayana Chennapragada <csrao1003@gmail.com>

Jessica

1 message

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To: Suryanarayana Chennapragada <csrao1003@gmail.com>

Thu, Mar 5, 2015 at 3:28 PM

Hi CS,

Here are my thoughts on your program.

CS is a life-saver and helped me tremendously with both my stress and insomnia. I would fall asleep completely exhausted and would wake up after about 4 hours of sleep to use the bathroom. After that I would toss and turn for hours never falling back asleep. The more sleep I lost, the more stressed I would get and even more anxious. All of this lead to my depression. A vicious cycle even medicine wasn't helping to alleviate the problem.

Taking a brief class of CS's at the library I remembered how great I slept that night of the class. I contacted CS and he immediately set me up for an appointment. We worked together on the tip mode and I practiced that for the week. Still having some difficulty with falling back to sleep the next week we worked on the segment mode. This was the cure-all! It has been the medicine I have needed for a long time.

This method helps me to relax and fall back asleep without spending hours tossing and turning. The more sleep I am getting the less anxious I am and less stressed. My relationships with both my children and my husband are so much better too. I am not yelling like I was nor am I downright miserable either. I am my old self again, thanks to CS's segment mode.

CS takes all of the time in the world to help you and would check on me throughout the week, both by email and phone calls. He has a genuine heart and an even bigger desire to bring peace to our world. May sitting at red lights bring you as much peace as it has brought to me.

CS, you are one in a million.

Jessica