



## **DreamChild Adventure in Relaxation and Sleep**

Dr. Tom Jackson, a California psychiatrist with over 30 years experience, and specializing in the treatment of insomnia, anxiety disorders, depression, bipolar disorder, and ADHD, had created an innovative series of audio CD's designed to help address chronic sleep disorders in children.

He'd created a companion guide to the CD's, and asked if I'd rework the existing back cover copy (next page). As you'll see, the original version doesn't prominently make it clear that the book is designed as an accompaniment to the CD's. Plus, it doesn't do a good job of drawing the reader in with "scannable" copy that quickly and effectively conveys the relevance of the book to their situation.

So, doing all that while just improving the overall flow of the copy were my goals. So, here's the original version:

## PARENTING

### AN INNOVATIVE GUIDE TO RELAXATION AND SLEEP

#### The Programs

This book is a companion guide to Dr. Jackson's DREAMCHILD™ Adventures audio programs for helping children achieve deeper relaxation and sounder sleep. Through an advanced recording technique called 3-D Living Sound™ these downloadable journeys are brought to life in way unimagined until now. The entertaining and spellbinding adventures place the listener, the children themselves, directly into the story—center stage—immersing children in hyper realistic natural settings and gently, playfully guiding them toward more restful nights and more relaxed days.

#### The Book

The potential benefits of the DREAMCHILD™ Adventures audio programs are illustrated in 14 clinical interviews which demonstrate a wide range of emotional and behavioral issues that often improve following the use of the programs. After each interview, specific topics children and their parents or caregivers are confronted with are explored in greater depth:

Anxiety & Depression • Bedtime Resistance • Insomnia • Nightmares • Bedwetting  
Nighttime Awakenings • Fear of the Dark • Oppositional Behavior • Anger & Aggression  
Sibling Rivalry • Self-Confidence & Self-Esteem • Spanking • Excessive Television Viewing  
Resistance to Reading • Academic Performance • Children of Divorce • Childhood Obesity  
Death of a Loved One • Pain & Medical Illness • ADHD/ADD • Emotional Intelligence  
"Nature-Deficit Disorder"

DREAMCHILD™ Adventures also looks at many traditional treatments for children's sleeping problems, including: behavioral intervention, pharmacotherapies, and medical attention. And Dr. Jackson even explores adult use of these children's programs.

State-of-the-art 3-D audio programs—available for downloading  
Easy to use and entertaining—kids love 'em!  
Decrease bedtime resistance  
Alleviate anxiety  
Achieve deeper, more restful sleep  
Improve daytime behavior and attitude



**THOMAS JACKSON, MD**  
is a psychiatrist who has specialized  
in the treatment of sleep disorders  
and anxiety for the past thirty years.  
His unique therapeutic audio programs  
originate in his background as a  
recording engineer, therapist, musician,  
poet, and environmental biologist.  
He lives in the mountain community  
of Idyllwild, California.



On the next page is my improved version...

## PARENTING

### The Companion Guide\* to the DREAMCHILD™ Adventures Audio Programs!

*Does your child experience insomnia, nightmares, or bedwetting?  
Is he anxious or depressed? Angry or aggressive?  
Does he lack self-confidence and self-esteem?*

Perhaps all he needs is a good night's sleep . . .

Dr. Tom Jackson's DREAMCHILD™ Adventures audio programs have helped countless children achieve deeper relaxation and sounder sleep, conquer a whole host of sleep-related issues, and even build confidence and self-esteem. Through an advanced recording technique called 3D Living Sound™, these downloadable (and on CD) journeys are brought to life in a way unimaginable . . . until now.

The entertaining and spellbinding audio adventures place the children themselves directly into the story-center stage—immersing them in hyper-realistic natural settings, and gently, playfully, guiding them toward more restful nights and more relaxed days.

### Real-World Accounts Of Kids Confronting The Most Common Issues

This compelling companion volume contains a wealth of information designed to support and supplement your purchase of the DREAMCHILD™ Adventures audio programs. You'll read 14 clinical interviews showcasing a wide range of emotional and behavioral issues that have been shown to improve following use of the programs. After each interview, you'll explore in greater detail the issues discussed, and which children, parents or caregivers are likely to encounter. They include:

Anxiety and Depression • Bedtime Resistance • Insomnia • Nightmares • Bedwetting  
Nighttime Awakenings • Fear of the Dark • Oppositional Behavior • Anger and Aggression  
Sibling Rivalry • Self-confidence & Self-Esteem • Spanking • Excessive Television Viewing  
Resistance to Reading • Academic Performance • Children of Divorce • Childhood Obesity  
Death of a Loved One • Pain and Medical Illness • ADHD/ADD • Emotional Intelligence  
"Nature-Deficit Disorder"

In this in-depth resource, Dr. Tom Jackson, creator of the DREAMCHILD™ Adventures audio programs, also explores many traditional treatments for children's sleep problems and anxiety-related issues, including behavioral interventions, pharmacotherapies, and medical attention. He even discusses adult use of these children's programs. Give your child the gift of quality sleep and give a gift that will benefit him and your whole family for a lifetime!



#### DR. TOM JACKSON

is a psychiatrist who has specialized in the treatment of sleep disorders and anxiety for the past thirty years. His unique therapeutic audio programs originate in his background as a recording engineer, therapist, musician, poet, and environmental biologist. He lives in the mountain community of Idyllwild, California, where his clinical practice is also located.

For more information, visit his website:  
[www.ThomasJacksonMD.com](http://www.ThomasJacksonMD.com)

\*This book was designed to be used in conjunction with the DREAMCHILD™ Adventures audio programs. A purchase of this book alone will not yield the maximum value. The DREAMCHILD™ Adventures programs are available as downloads and CDs at [www.3DAudioMagic.com](http://www.3DAudioMagic.com)



Please visit the Testimonials link to read the reaction the client had to the revised version...