**Comfort Zone**  
Music for Inner Peace & Well-Being

Steven Halpern is the #1 bestselling composer, recording artist and researcher whose music helps millions of individuals worldwide to relieve stress and enhance feelings of well-being and inner peace. *Keyboard* magazine recognized Steven as “One of the most influential artists of the past 35 years who changed the way we listen to and market music.”

His atmospheric compositions are significantly more effective at reducing stress than most traditional classical music, as proven by biofeedback research.

Steven has appeared on hundreds of TV and radio programs, including: 48 Hours (CBS-TV), The Tomorrow Show with Tom Snyder, AM Los Angeles, and America’s Talking. He’s been covered in *The New York Times*, *USA TODAY*, *Yoga Journal* and many other media outlets.

Steven’s music is heard in leading health and healing centers, corporate wellness programs, spas, hospitals, schools and homes. His albums enhance yoga, meditation, tai chi and massage.

Visit Steven at: www.StevenHalpern.com for exclusive podcasts, insightful newsletters and more.

See videos at: www.YouTube.com/StevenHalpernMusic
RElAXATION, WELL-BEING AND MUSIC

Forty years ago, I began composing music for healing and well-being rather than just for its entertainment value. If this is your first experience with my music, you’ll notice that there’s generally less emphasis on a central rhythm or recognizable patterns of melody or chords.

This allows you to cease unconsciously analyzing where the music is ‘going’ in the future... which makes it easier to ‘be’ in the present moment. After all, it’s only in the present that we can truly relax.

According to leading experts like Dr. Herbert Benson (The Relaxation Response), relaxation is the key to health and well-being. In a state of true relaxation, your internal ‘stress thermostat’ is able to re-set itself. Spending just twenty minutes a day in this state provides multiple physiological and psychological benefits. If you don’t have a twenty minute block of time, try starting with only five minutes.

Even a few minutes can make a huge difference in contributing to your overall health and well-being. Specific benefits include enhanced immune system function, greater focus and concentration, improved sleep, and less irritability.

When I discovered how the healing powers of music could improve my own health, creativity and productivity, I devoted my life to researching, composing and sharing this music with the millions of individuals like myself who needed something easy, effective and enjoyable to help us stay ‘in tune’ and in ‘sound health.

HOW TO LISTEN

There are several ways to listen to the atmospheric compositions of Comfort Zone. Depending on how you listen, it’s really two albums for the price of one:
1) Played softly in the background, it creates a soothing and relaxing ambience for home or office.
2) Listen with attention and intention, especially with headphones, and you’ll find the music transports you to an inner oasis of serenity and peace.

I invite you to discover more about how sound and music can enhance your body, mind and spirit at: www.innerpeacemusic.com

— Steven Halpern
1) Comfort Zone (Part I) 4:41 8) Of The Spirit 5:08
2) You Deserve Love 3:32 9) Light As A Feather 7:33
3) Moment’s Pause 5:17 10) Comfort Zone (Part II) 4:55
4) Eternally 3:34 11) Waterfall (Part II) 4:22
5) Hush 4:44 12) Dawn 6:18
6) Waterfall 3:30 13) Greensleeves 7:19
7) Brahms’ Lullaby 6:46 14) A Piece Of Peace 5:03

PRODUCED by STEVEN HALPERN

STEVEN HALPERN
Rhodes electric piano, grand piano, keyboards, angelic choir.

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for friends is prohibited by Federal and karmic law.
We thank you for your integrity and support.

Recording Engineer: Roger Wiersema, The Music Annex, Menlo Park, CA
Remastered and expanded for this 30th Anniversary Edition:
Recording Engineer: Warren Dennis Kahn, Banquet Sound Studios, Santa Rosa CA

“Steven Halpern is the Mozart of our time . . .
He’s a musical genius who originates unforgettable compositions
that you want to hear again and again.”

– Mark Victor Hansen, bestselling co-author, Chicken Soup for the Soul series

Listen to audio samples at www.innerpeacemusic.com
“When you want relaxation, beauty and aural pleasure, 
**Comfort Zone** combines the best of both worlds. 
“All you have to do is listen™” — Leading Edge Review

As soon as you begin to play **Comfort Zone**, your body, mind and spirit automatically shift gears. There is a unique quality of peace and serenity in Steven Halpern’s music that you will feel as soon as the first notes float from your stereo speakers or iPod.

Within moments, you may notice that you are breathing more deeply and slowly…that tension melts from your neck and shoulders. In short, you have entered your personal **Comfort Zone**. You feel lighter, happier and more like yourself again.

Steven is an acknowledged master at composing music that makes it easy to let go of stress, renew and recharge. Ideal for use at work or home, for yoga, massage and studying, we’re sure you’ll enjoy these beautiful compositions on solo grand piano and electric piano for many years to come.

**Comfort Zone** is the recommended soundtrack of the internationally-acclaimed HypnoBirthing™ program.