

## MAIL ORDER FORM



**Step 1.** Print this page and complete the form.

**Step 2.** Enclose a check or money order (in U.S. Funds only) **payable to Self-Guided.com** for the total amount. It's important to include your phone number in case we need to contact you about your order.

**Step 3.** Mail the completed form and your payment to:

Self-Guided.com  
6523 California Ave SW #322  
Seattle, WA 98136 U.S.A.

Quantity	Item	Price	Total
	<i>Self-Guided® Relaxation CD</i> <b>(includes free Sleep CD)</b>	\$15.95	
	<i>Focused Mind State 6 CD set</i>	59.95	
	Add Shipping Costs	\$4.00 for any number of products	\$4.00
	Additional Shipping Costs Outside United States	Add \$1.00 for Canada Add \$6.00 all other countries	
		TOTAL AMOUNT	

**Ship product(s) to:**

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Country (if not U.S.A.) \_\_\_\_\_

Email address \_\_\_\_\_

Phone (including area code) \_\_\_\_\_