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Welcome to ESMG Music LTD.

We offer your company high quality vocal recordings for various purposes such as for voiceovers, advertisements, audio books, dubbing, translations, and so on. We deliver speakers and voice-talent in about 20 different languages worldwide.

You as our valuable customer can choose the type of voice you would like for your project. We have male/female/known/unknown speakers of all ages that can produce quality voices of different character.

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Information

Nicotine is a poison which primary affects your brain, but which also affects your heart, blood pressure and circulation. Nicotine is just as addictive as certain other drugs.

When you smoke your unborn baby will be affected. Nicotine causes veins in the placenta to contract which results in your baby getting less nourishment and less oxygen. The carbon dioxide in the smoke goes straight into the fetus replacing oxygen in your unborn baby's blood.

Relaxation

Make yourself comfortable - lie down in a comfortable position on your bed or sit down in a cozy arm-chair. Now try to start relax. Focus your attention on your whole body.

You can start to relax by first tensing up the muscles that are strained.

Start by clenching your fists, clench them really tight and now allow them to go completely limp.

Now strain every nerve in your arms, press them against the bed - and then relax.

Now strain every nerve in your legs, press them against the bed with your feet pointing towards your body - and then relax completely.

Now press your head against the bed, strain every nerve in your face - and then try to relax again.

Ghost story

Castle Nowhere

The autumn leaves fell heavily towards the ground outside the window accumulating in thick layers over everything in sight. The naked statues were adorned in yellow and red maple leaves which kept them warm. The lawn had changed color and instead of summers cents in the air there were now white ice-cold winds.

Jonas sat in one of the annexes and watched the leaves floating down - from high up in the tree-tops down to the droves of leaves on the ground. He couldn't help picturing the feast that the worms had laid before them - all these leaves would keep the hungry worms satisfied for most of the winter although at the same time he hoped that the leaves would soon be covered with snow so that he would also have something to pass the time away with.

Watching the floating leaves was the only exciting pastime he had on this extremely wet and miserable Saturday in December. He had been looking for his cat but it was probably out hunting - the cat was in fact the only friend he had out there in "Nowhere". He used to sit down and imagine to himself what he would answer if anyone asked him for his address and he thought to himself -Jonas Sjödin, 1 Castle Road, Nowhere. Nowhere? But you have to live somewhere. they would say. No, I live in nowhere - where there are no friends to play with; as a matter of fact there are no people at all where I live. My closest neighbor lives about 5 kilometers away.

He looked up the map in the telephone directory but unfortunately he couldn't find it.

Their home was situated in the join between two of the pages and couldn't be seen in the grid of the map. This made him even more certain of the fact that Nowhere was the right name for this place.

They hadn't lived here long - maybe two weeks only.

When Jonas had been told that they were going to move he had jumped for joy. They were going to move into a castle. Even though it was old and in need of repair it was nevertheless a real castle.